

Home Practice Program for: _____

Goal: To improve the ability to say the **F sound**.

What to Expect:

- Improvement in speech takes time and practice!
- Your child will be able to say the **F** sound first, then say words with the **F** sound in them, and then move to saying the **F** sound in sentences.
- After a lot of practice, you should begin to hear the **F** sound in your child's everyday speaking.

When and How to Practice:

- The more often you practice the better!
- Practices should only last for 10 to 20 minutes.
- Colour the **Picture Cards** and pictures on the **Game Boards** as you say the words together; cut out the cards and play a game like 'Find two cards that are the same'; play a game using the game board; use the **Speech Games Calendar** activities for more practice ideas.
- Work practices into your daily activities, like finding **F** words while reading or walking to school.
- Remember to **Praise** often and be specific, e.g., "That was a great **F** sound!" or "You really



How to Get Started and Tips for Making the F Sound:

Step 1:

- Tell your child that you will be practicing making the **F** sound as in **Fee** and **Fishing**.
- Have your child watch your face while you make the sound; You will lightly touch your top front teeth to your bottom lip as in a slight bite.
- Have your child use a mirror to watch for the lip position while practicing **Fee**.

Step 2:

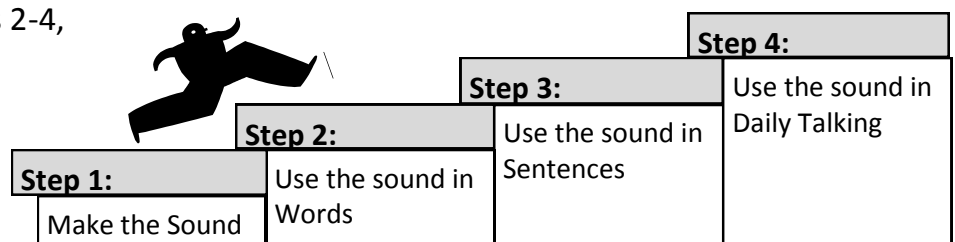
- Have your child say some of the words on the picture cards.
- Move to playing games or using the Speech Games Calendar activities to practice saying the words with the **F** sound at the beginning of the word.
- Once this has been achieved, move to saying the words with the **F** sound at the end of a word, and then words with the **F** sound in the middle of the word.

Step 3:

- Now that your child can easily make the **F** sound in words, practice using the words in sentences.
- You can use the same activities you used in Step 2 and 3, but have your child make sentences like, "I have two **Fans**." or "This boy has a **Funny Face**".

Step 4:

- After lots of practice with Steps 2-4, your child will finally be ready to use the **F** sound in daily talking .



If your child has trouble saying a word, try these cues:

- Say the instructions for making the **F** sound, as in “watch my top teeth lightly bite my bottom lip and sound like **FFF**ee. Try making this sound too.”
- Put extra stress on your sound. For example, say “**FFF**our” and really say the **F** sound loudly.
- Be specific when correcting your child, e.g. “Good try but you forgot your “**F**” sound in that word. I heard the **T-sound**. Let’s try again”.
- Take a break when your child needs it.

Free on-line Resources for Speech Sounds and Literacy:

- Go to **Starfall.com**. Click on the **ABCs** section and choose the letter for your child’s sound.
- Google **Hamilton Public Library Tumblebooks** for animated books, stories and activities. Your child can look at these books on their own and with you. Your child may also talk about the pictures in the story for more speech sound practice. **Look for these book titles: “The Fire Station”; “Ma, I’m a Farmer”**
- Computer apps, websites, and online videos can make learning fun and engaging but do not replace the guidance of parents and professionals. Your encouragement and support will be the best way to help your child improve.



Speech practice
is fun!

Have fun and remember change takes time and practice!

Private Speech-Language Services in Your Community

Private speech and language services may be an option you would like to consider for your child. If you have extended health care benefits at work, you may want to check to see if you have coverage for speech and language services. Please let your school Speech-Language Pathologist know if you pursue private services as it is helpful to coordinate services provided by more than one Speech-Language Pathologist. Information regarding private Speech-Language Pathologists may be obtained through the following sources:

The Ontario Association of Speech-Language Pathologists and Audiologists (OSLA)

1-877-740-6009

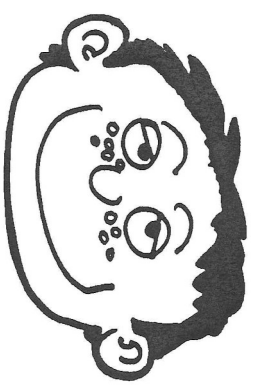
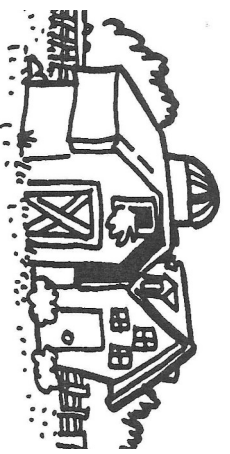
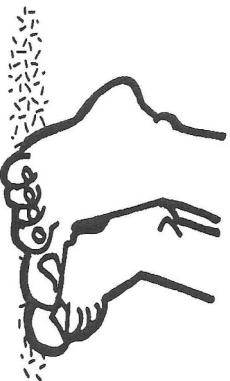
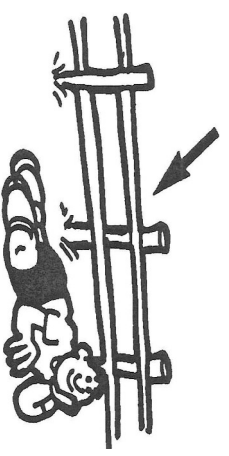
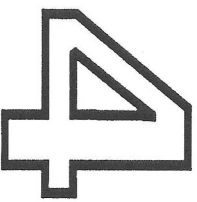
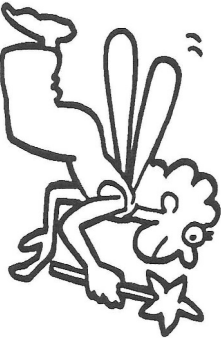
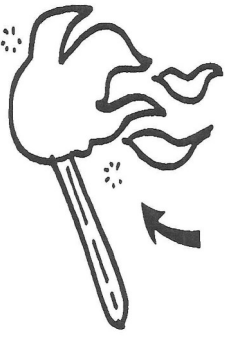
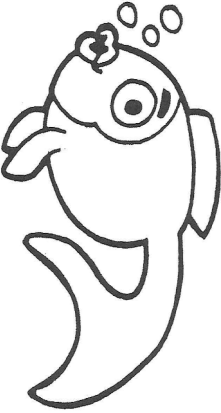
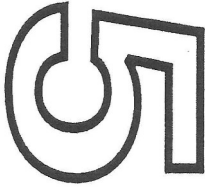
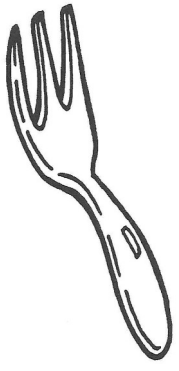
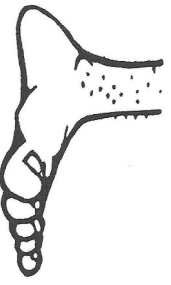
www.osla.on.ca (Find a Practitioner)

Special Instructions for your child:

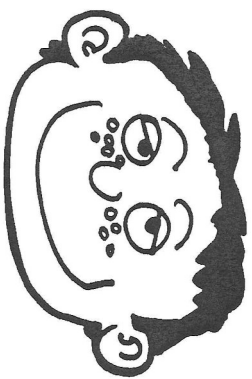
If you have any questions , please call your school Speech-Language Pathologist:

(905) 527-5092, ext.

Picture cards for the F sound - at the beginning of the word

 face	 fan	 farm	 feet
 fence	 four	 fox	 fairy
 fingers	 fire	 fish	 five
 fork	 fireworks	 forest	 foot

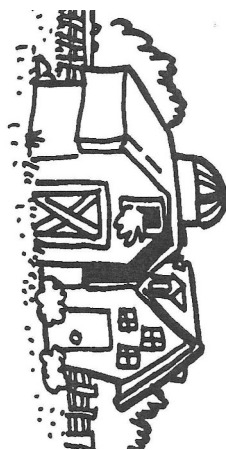
Picture cards for the F sound - at the beginning of the word



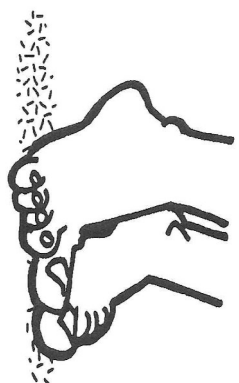
face



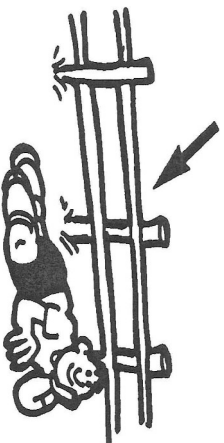
fan



farm



feet



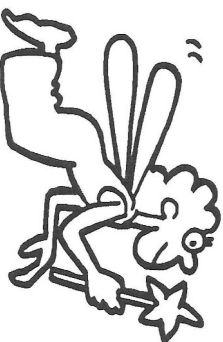
fence

4

four



fox



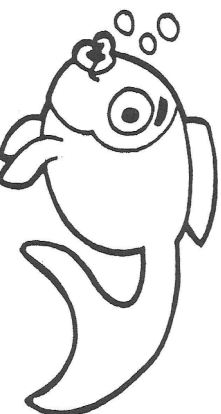
fairy



fingers



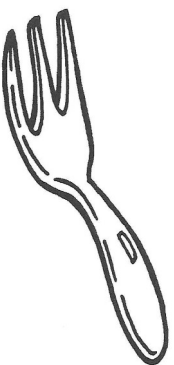
fire



fish

5

five



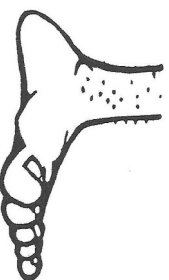
fork



fireworks



forest

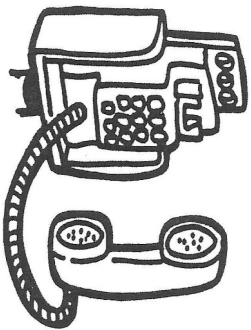


foot

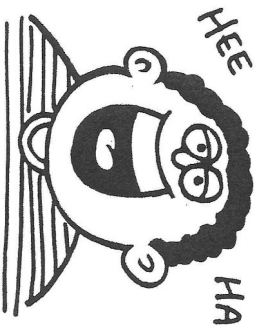
Picture cards for the F sound - in the middle of a word



elephant



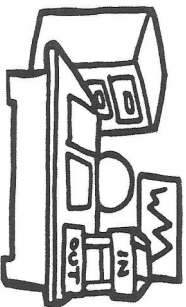
telephone



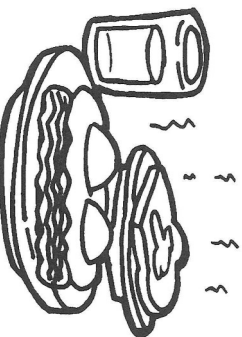
laughing



waffle



office



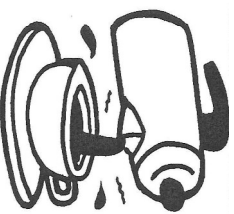
breakfast



headphones



campfire



coffee



dolphin



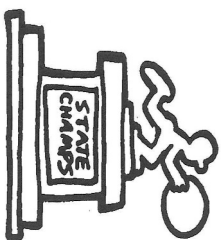
buffalo



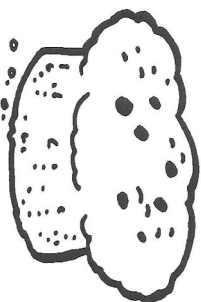
golfer



alphabet



trophy



muffin

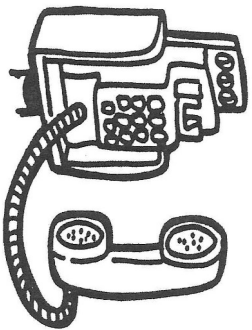


gopher

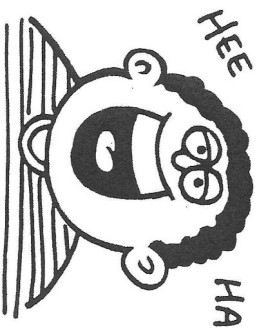
Picture cards for the F sound - in the middle of a word



elephant



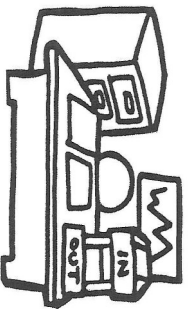
telephone



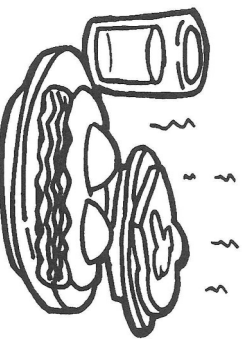
laughing



waffle



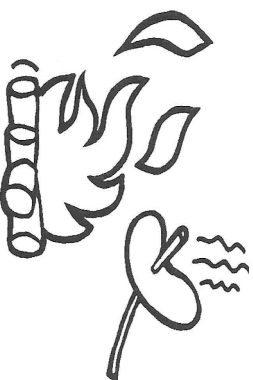
office



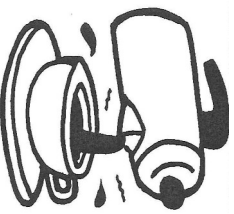
breakfast



headphones



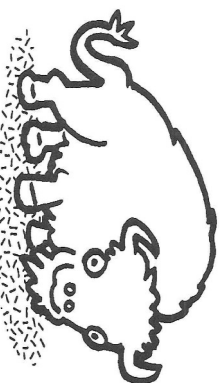
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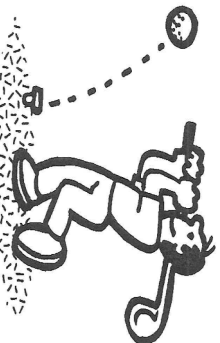
coffee



dolphin



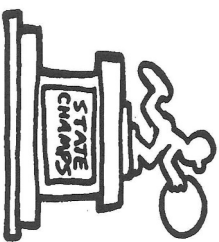
buffalo



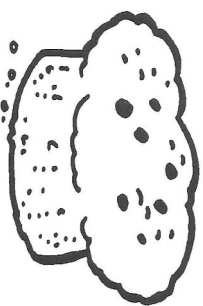
golfer



alphabet



trophy

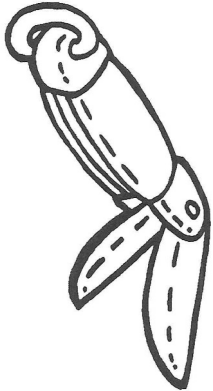
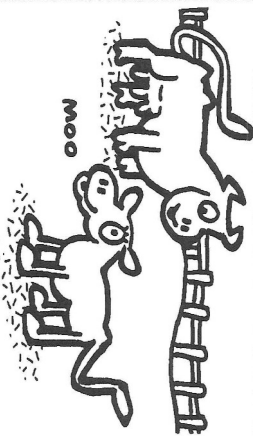
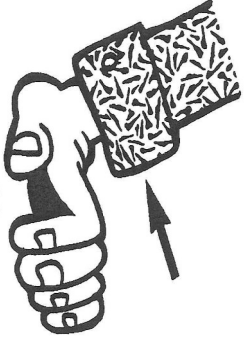
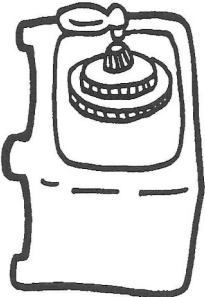
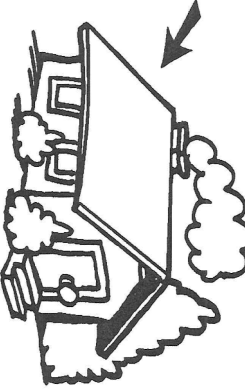
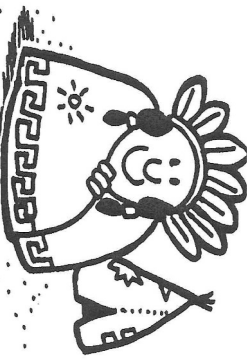
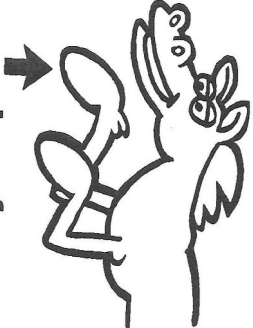
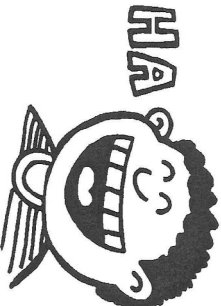
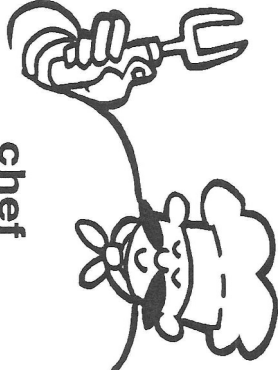
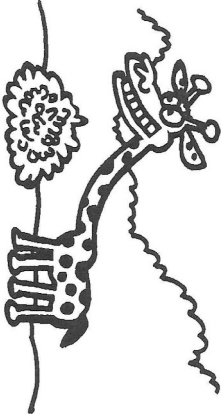
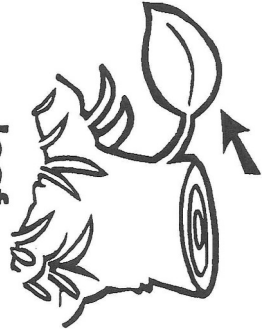


muffin

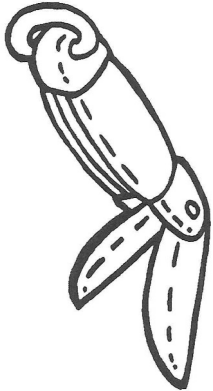
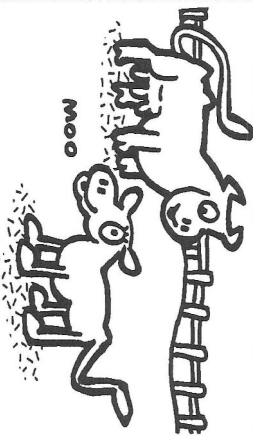
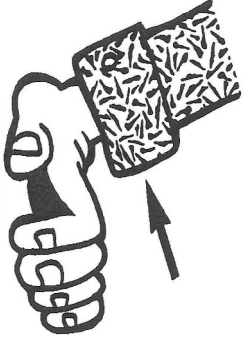
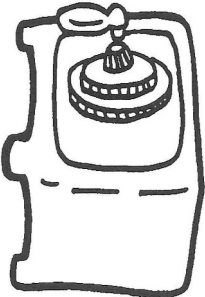
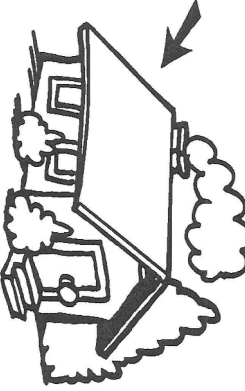
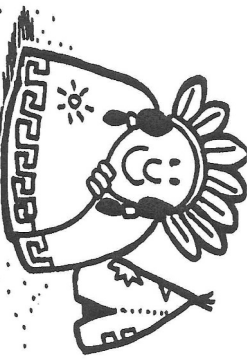
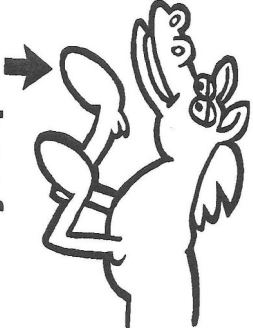
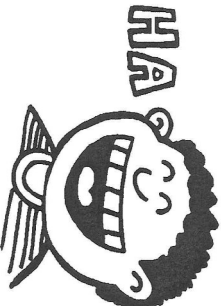
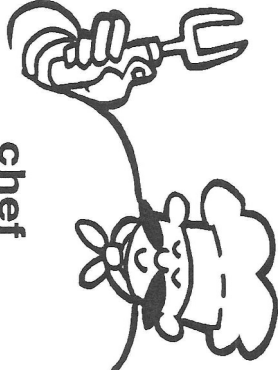
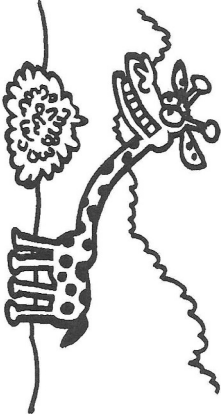
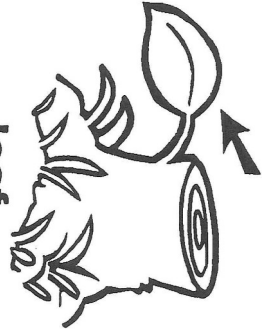


gopher

Picture cards for the F sound - at the end of a word

 knife	 wolf	 thief	 calf
 cuff	 safe	 roof	 cough
 chief	 hoof	 laugh	 elf
 sheriff	 chef	 giraffe	 leaf

Picture cards for the F sound - at the end of a word

 knife	 wolf	 thief	 calf
 cuff	 safe	 roof	 cough
 chief	 hoof	 laugh	 elf
 sheriff	 chef	 giraffe	 leaf

Game Board for F at the Beginning of Words

Fetch the Football

Have fun practicing with the F sound at the beginning by playing *Fetch the Football*. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the F sound in words as you land on each space.



START



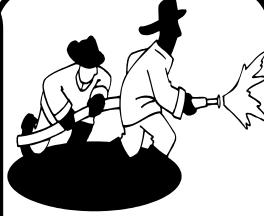
END



firetruck



phone



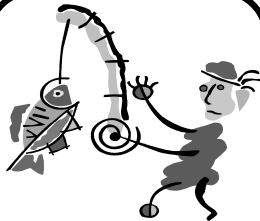
firemen



face



football



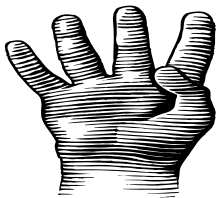
fishing



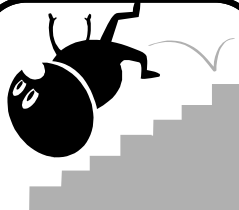
feet



fence



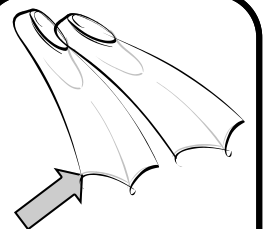
four



falling



fast



fins



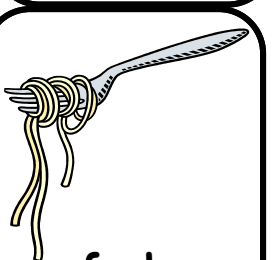
forest



fox



farmer



fork



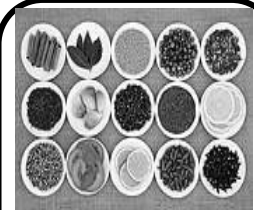
fans



feed



fairy



food

Game Board for F at the End of Words

Surf is Up

Have fun practicing words ending with the **F** sound by playing *Surf is Up*. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the word ending with the **F** sound as you land on each space.



START



END



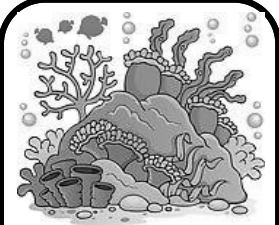
hoof



tough



half



reef



loaf



fire chief



leaf



woof



chef



knife



cough



roof



thief



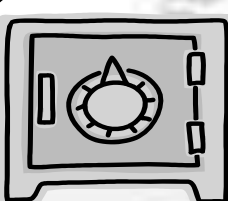
sheriff



laugh



giraffe



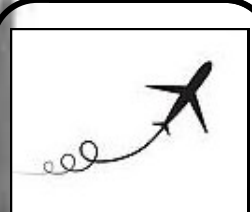
safe



surf



graph



take-off

Wishful Fishing

Have fun practicing your words with the **F** sound in the middle by playing *Wishful Fishing*. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the word with the **F** sound as you land on each space.



START



END



muffin



playful



different



dolphin



barefoot



breakfast



elephant



alphabet



officer



traffic



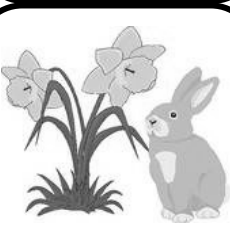
rainfall



mouthful



goldfish



daffodils



puffin



lifeguard



coffee



buffalo



refuse



cupful

Speech Games Calendar — *Pick and choose what you like or try them all!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
While driving find things that start with your sound. Have a contest to see who can find the most.	Play your favourite board game . Before each turn, name 2-3 of your sound cards.	Play catch or basketball . For each throw, say a word with your sound.	Put sound cards in a bag . Have your child close his/her eyes, pick a card, and name it.	Cut out pictures in a flyer that start with your sound and name them.	Play Tic-tac-toe with a partner using your sound cards. Place cards in a grid of 9 pictures. Use chips to mark your spot.	Read a book together and help your child find words starting with your sound.
While making a meal , name foods or things in the kitchen that start with your sound.	Create a 'Sound Box' . Find objects in your house that start with your sound. Say the words and fill the box.	Play a listening game on the way to school. Say a word and ask your child if it started with his/her sound.	Play 'Go Fish' or 'Memory' using pairs of your sound cards.	At the grocery store , name all the foods with your sound.	Place your sound cards around a room and turn off the lights. Use a flashlight to find the cards and name them.	Take turns saying the words on your sound cards. Give your child a puzzle piece , for each word named and finish the puzzle.
Call a friend or family member. Tell them your sound and say ten words with your sound.	While at the park or on a walk , name things that start with your sound.	Make a doorknob hanger using a piece of paper with a hole cut in it. Glue pictures with your sound on the paper. Hang it on the door. Say the words when you walk by.	Play a matching game with pairs of sound cards. Mix them up and put them face down on a table. Take turns choosing and naming 2 cards as you find the matched pairs.	Make a placemat . Draw pictures with your sound on it. Before leaving the table, name all of the pictures.	Tape pictures of words with your sound to the bathroom mirror . Say each word 10 times before brushing your teeth.	Choose a magic word of the week with your sound. Pick a word you would use often. Practice it throughout the week.
Put paperclips on your sound cards and place them on the table or floor. Use a magnet to lift them up. Name the card you lift up.	Look at pictures in a book . Name pictures that start with your sound.	Put your sound cards on the floor . Hop to each card and say the word.	Make a road using your sound cards. Name each word as you drive over it with a toy car.	Go on a treasure hunt for objects with your sound. Name each object you find.	Name 2 or more pictures from your sound cards and get a sticker or stamp for each .	Clip your sound cards on clothespins . Line them up like bowling pins. Roll a ball and name the card that is knocked down.