

## Home Practice Program for: \_\_\_\_\_

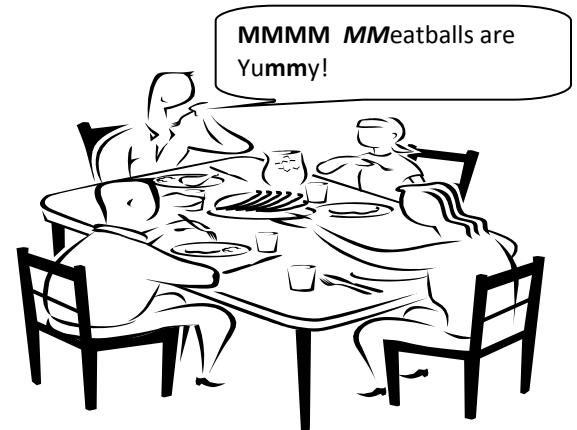
**Goal:** To improve the ability to say the **M** sound.

### What to Expect:

- Improvement in speech takes time and practice!
- Your child should be able to say the **M** sound first, then say words with the **M** sound in them, and then move to saying the **M** sound in sentences.
- After a lot of practice, you should begin to hear the **M** 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'; use the **Speech Games Calendar** activities for more practice ideas.
- Work practices into your daily activities, like finding **M** words while reading or walking to school.
- Remember to **Praise** often and be specific, e.g. , "That was a great **M** sound!" or " You really tried hard on that one."



### How to Get Started and Tips for Making the M Sound:

#### Step 1:

- Tell your child that you will be practicing making the **M** sound which is like a cow's "**Moo**".
- Have your child watch your face while you make the sound, exaggerating the lips going together and saying the **M** sound loudly. This sound can easily be drawn out into a long **MMMM** which ensures it is not made as a B sound.
- Have your child use a mirror to watch for the lips going together while practicing "**MMMMoo**".

#### Step 2:

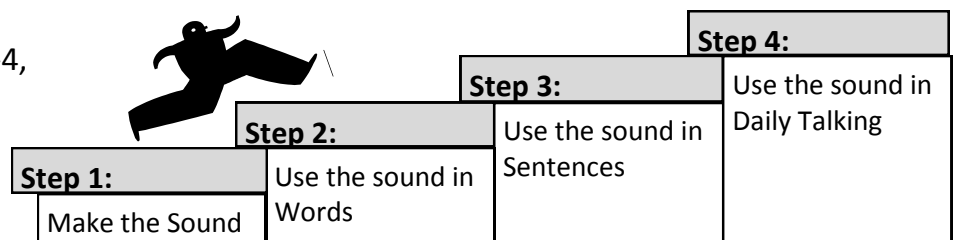
- Have your child say some of the words on the picture cards.
- Move to playing games or using the Speech Games Calendar activities to practice saying the words with the **M** sound at the beginning of the word.
- Once this has been achieved, move to saying the words with the **M** sound at the end of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

#### Step 3:

- Now that your child can easily make the **M** 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 **Mittens**." or "I really like to wear my red **Mittens**."

#### Step 4:

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



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

- Say the instructions for making the **M** sound, as in “watch my lips go together, and sound like “**MMMMM**”.
- Put extra stress on your **M** sound. For example, say “**Mitt**” and really say the **M** sound loudly.
- Be specific when correcting your child, e.g. “Good try but you forgot your **M** sound in that word. I heard the **B-sound**. You said ‘baby’ instead of ‘maybe’. 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: “I’m A Manatee”, “Monster Mash”.**
- 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!**

**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](http://www.osla.on.ca) (Find a Private Practitioner)

**Special Instructions for your child:**

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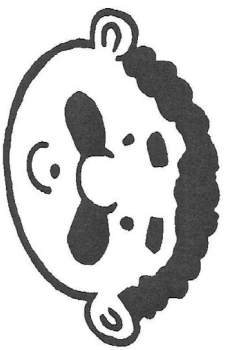
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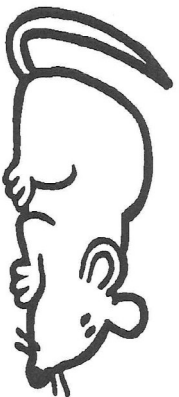
**If you have any questions , please call your school Speech-Language Pathologist:**

**(905) 527-5092, ext. \_\_\_\_\_**

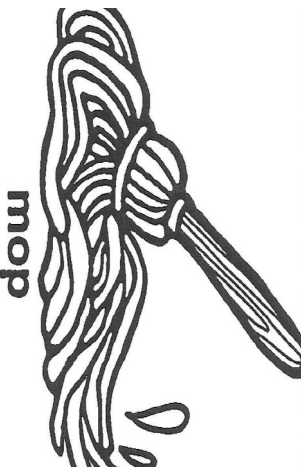
# Picture cards for M sound – at the beginning of a word



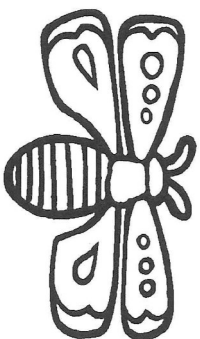
man



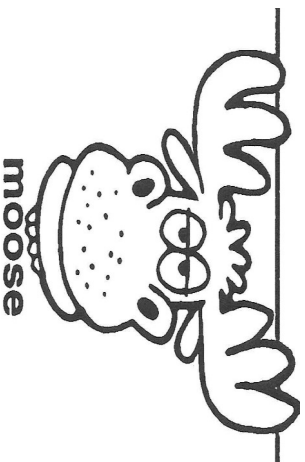
mouse



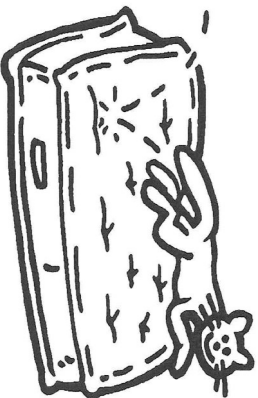
mop



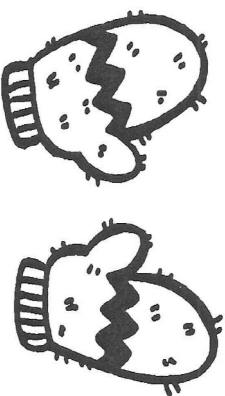
moth



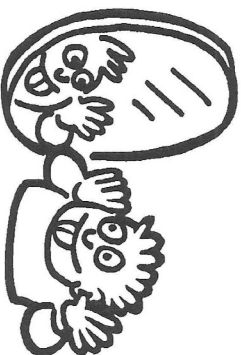
moose



mattress



mittens



mirror



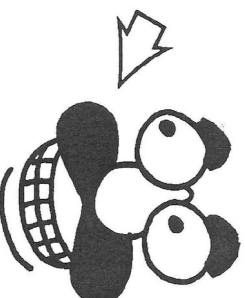
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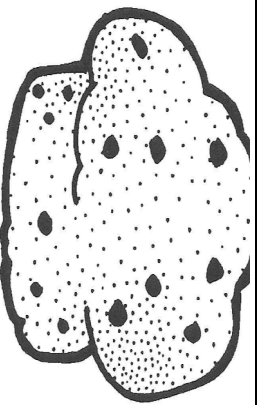
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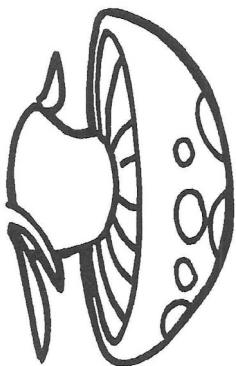
monkey



mustache



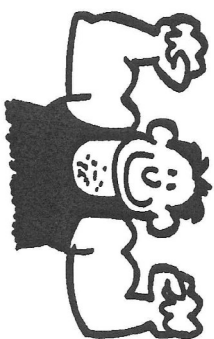
muffin



mushroom

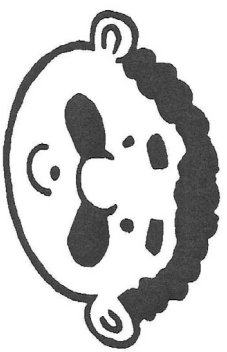


motorcycle

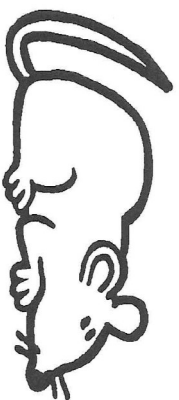


muscles

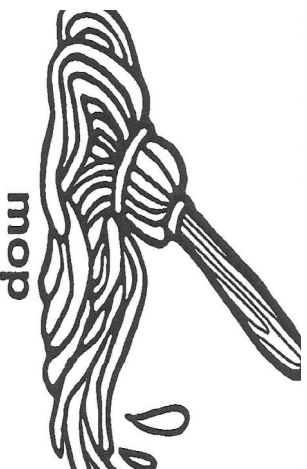
# Picture cards for M sound – at the beginning of a word



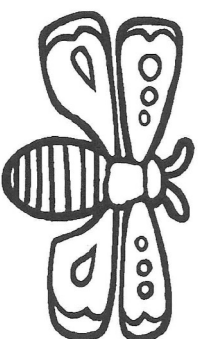
man



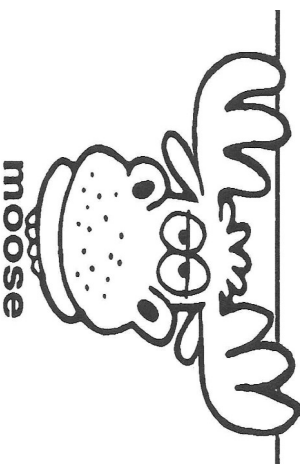
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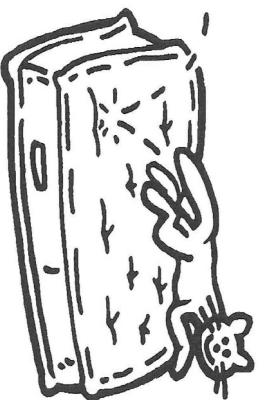
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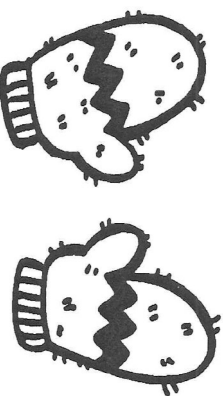
moth



moose



mattress



mittens



mirror



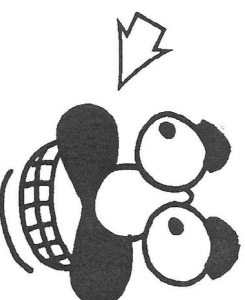
mother



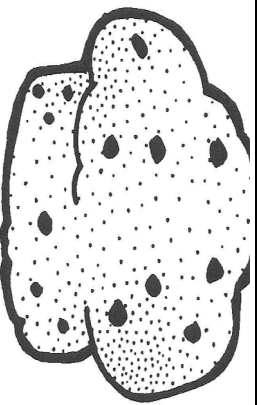
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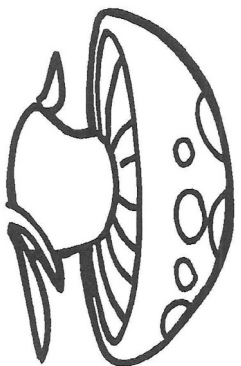
monkey



mustache



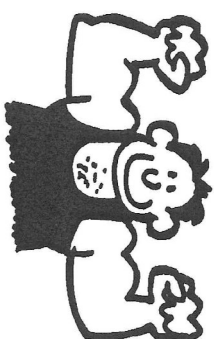
muffin



mushroom

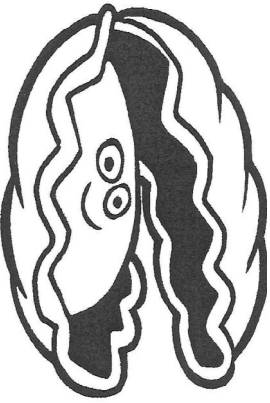
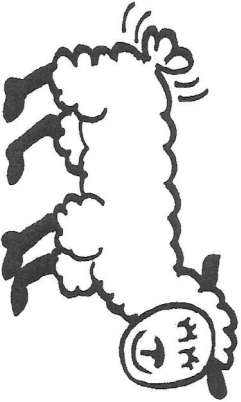
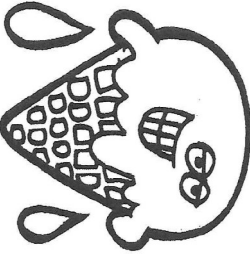
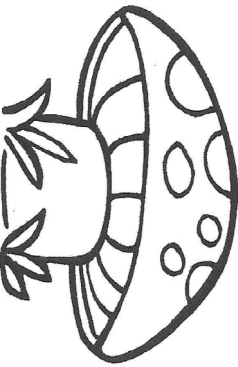
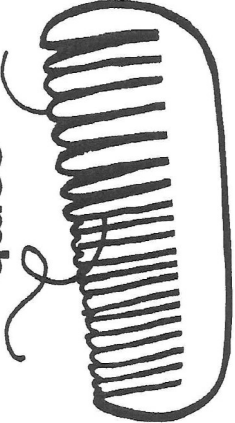
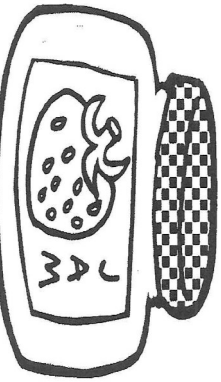
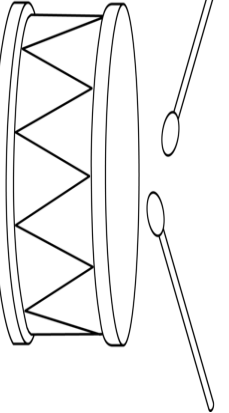
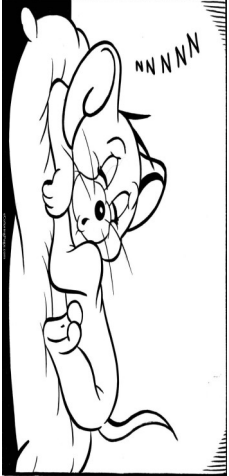
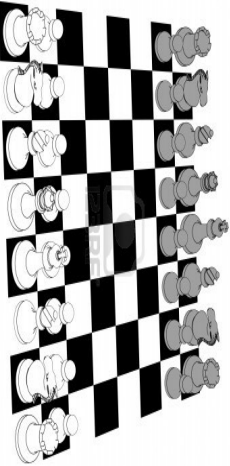


motorcycle



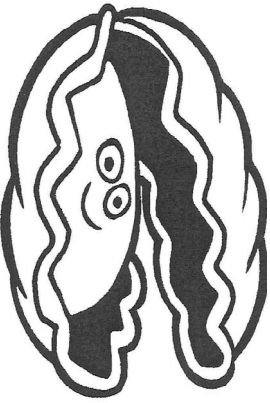
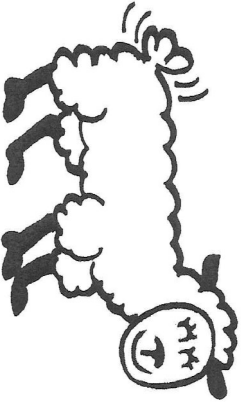
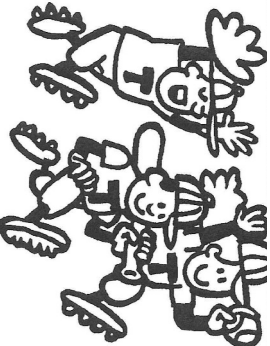
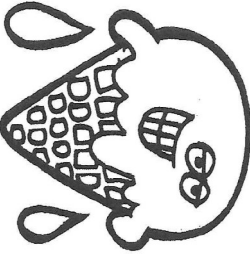
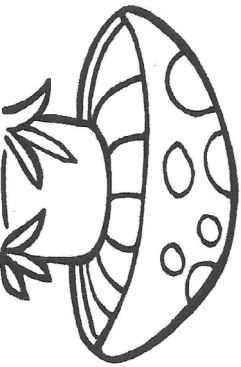
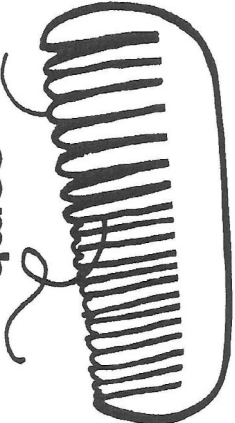
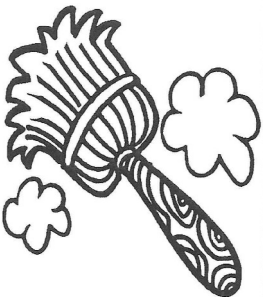
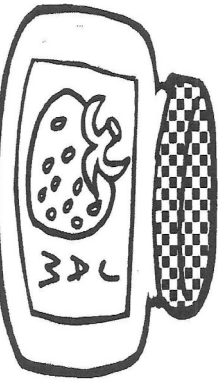
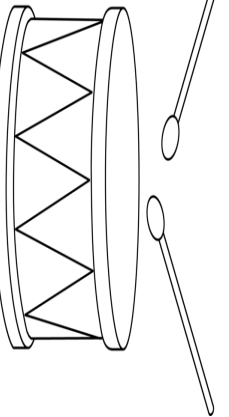
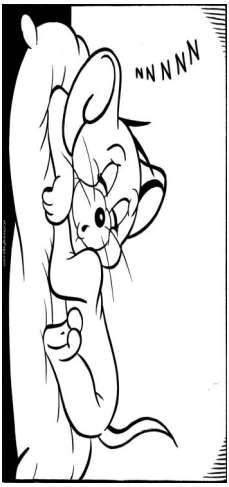
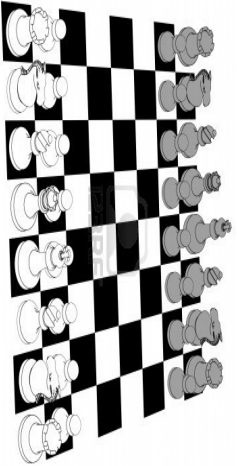
muscles

# Picture cards for M sound – at the end of a word

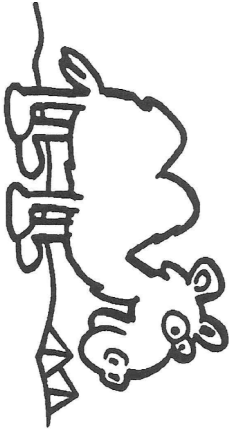
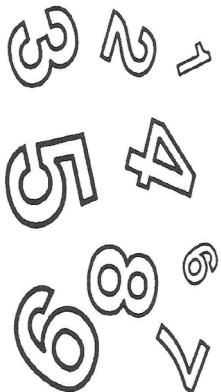
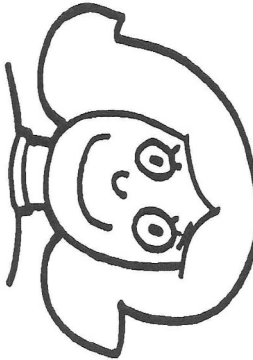
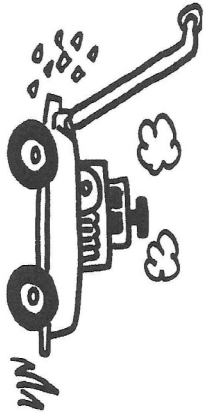
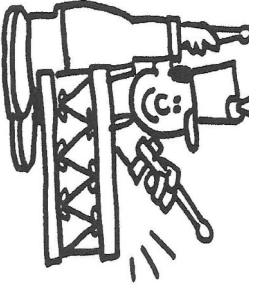
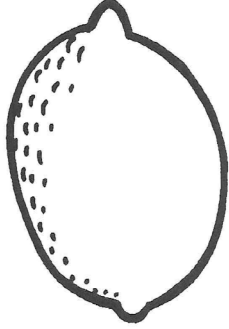
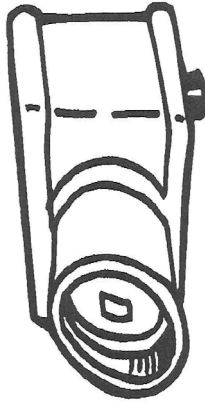
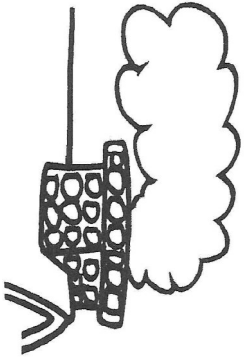
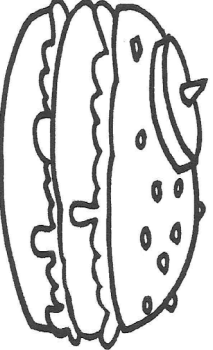
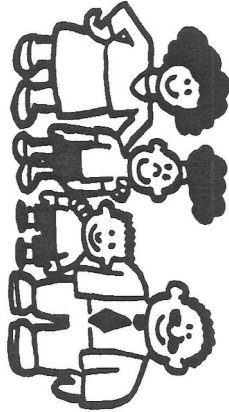
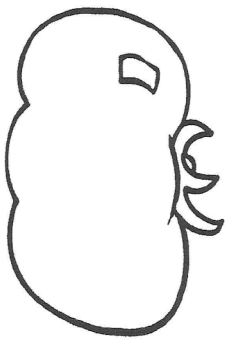
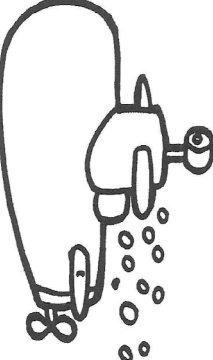
|                                                                                                     |                                                                                                     |                                                                                                   |                                                                                                    |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|  <p>clam</p>     |  <p>lamb</p>    |  <p>plum</p> |  <p>team</p>  |
|  <p>ice cream</p> |  <p>mushroom</p> |  <p>comb</p>  |  <p>broom</p>  |
|  <p>jam</p>        |  <p>drum</p>      |  <p>dream</p>  |  <p>swim</p>    |
|  <p>flame</p>      |  <p>game</p>      |  <p>ram</p>    |  <p>phantom</p> |



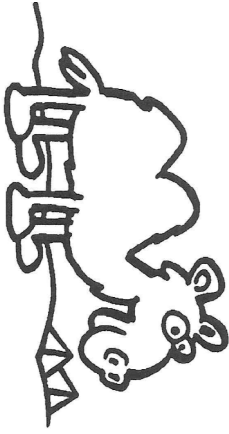
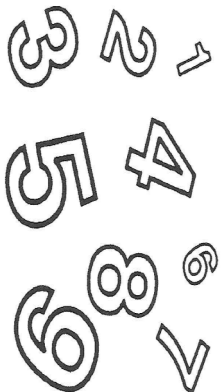
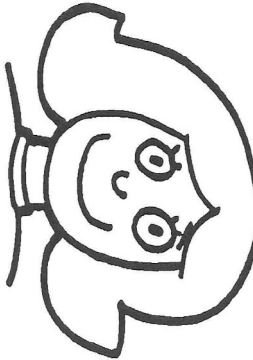
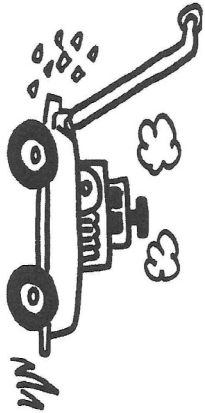
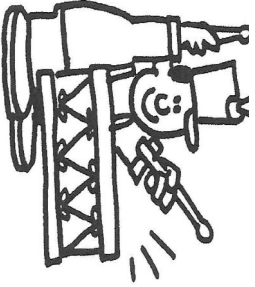
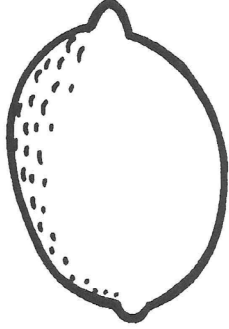
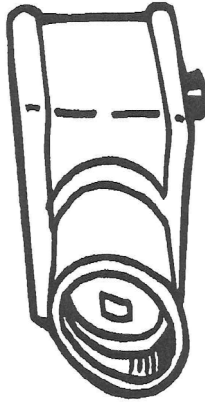
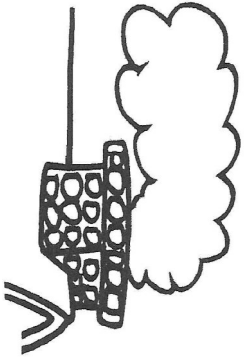
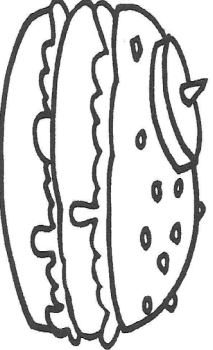
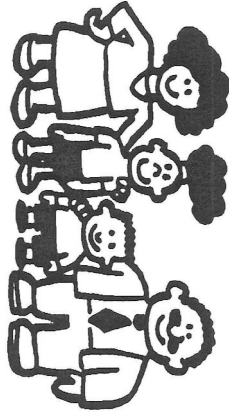
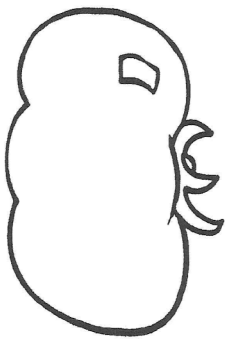
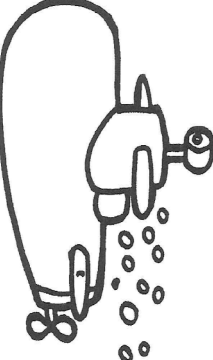
# Picture cards for M sound – at the end of a word

|                                                                                                     |                                                                                                     |                                                                                                   |                                                                                                    |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|  <p>clam</p>     |  <p>lamb</p>    |  <p>plum</p> |  <p>team</p>  |
|  <p>ice cream</p> |  <p>mushroom</p> |  <p>comb</p>  |  <p>broom</p>  |
|  <p>jam</p>        |  <p>drum</p>      |  <p>dream</p>  |  <p>swim</p>    |
|  <p>flame</p>      |  <p>game</p>      |  <p>ram</p>    |  <p>phantom</p> |

# Picture cards for M sound – in the middle of a word

|                                                                                                      |                                                                                                    |                                                                                                     |                                                                                                      |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
|  <p>camel</p>     |  <p>swimmer</p>  |  <p>flamingo</p>   |  <p>numbers</p>     |
|  <p>hammer</p>   |  <p>woman</p>    |  <p>lawnmower</p> |  <p>drummer</p>     |
|  <p>lemon</p>   |  <p>camera</p> |  <p>chimney</p>  |  <p>hamburger</p> |
|  <p>plumber</p> |  <p>family</p> |  <p>tomato</p>   |  <p>submarine</p> |

# Picture cards for M sound – in the middle of a word

|                                                                                                      |                                                                                                    |                                                                                                     |                                                                                                      |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
|  <p>camel</p>     |  <p>swimmer</p>  |  <p>flamingo</p>   |  <p>numbers</p>     |
|  <p>hammer</p>   |  <p>woman</p>    |  <p>lawnmower</p> |  <p>drummer</p>     |
|  <p>lemon</p>   |  <p>camera</p> |  <p>chimney</p>  |  <p>hamburger</p> |
|  <p>plumber</p> |  <p>family</p> |  <p>tomato</p>   |  <p>submarine</p> |





**START**

# Mouse Maze

Have fun practicing the M sound at the beginning of a word by playing *Mouse Maze* with a partner. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the **M** word as you land on each space.

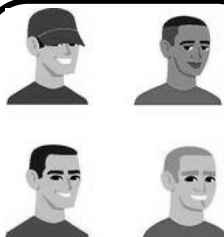
MMMMMM



**EAT**



**maze**



**men**



**mice**



**monkey**



**moon**



**mess**



**map**



**mug**



**milk**



**mall**



**medal**



**mat**



**mean**



**mail**



**mud**



**move**



**mom**



**math**



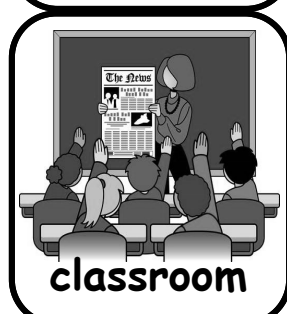
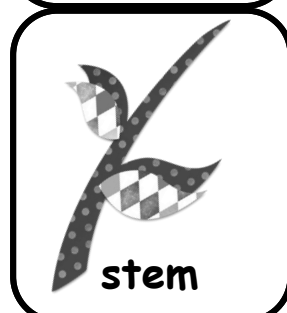
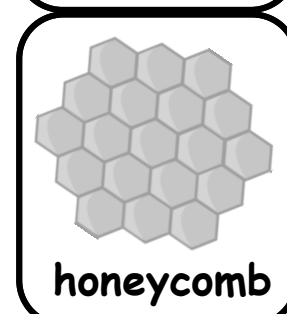
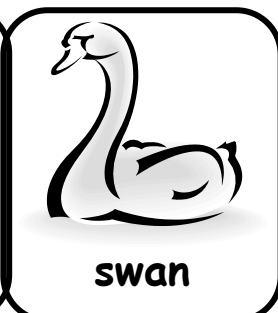
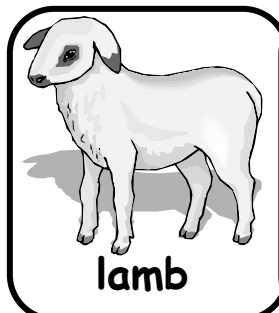
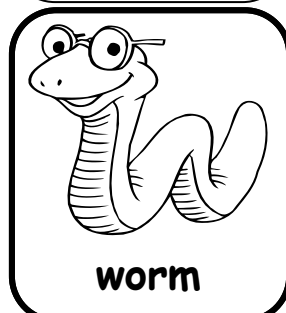
**mouth**



**magnet**

# Bang the Drum

Have fun practicing your words ending with **M** by playing *Bang the Drum* with a partner. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the word ending with the **M** sound as you land on each space.



# Let's go Swimming

Have fun practicing your words with **M** in the middle by playing *Lets go Swimming* with a partner. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the word with **M** in the middle as you land on each space.



*Get Ready*



*Swim*



climbing



family



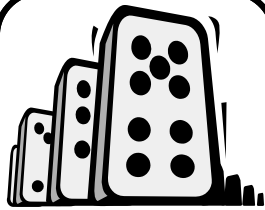
flamingo



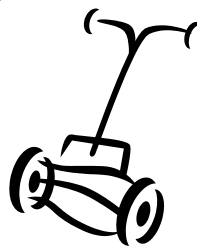
animal



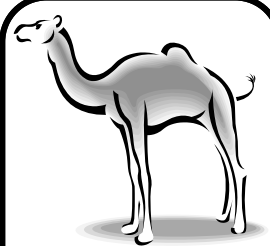
foamy



dominos



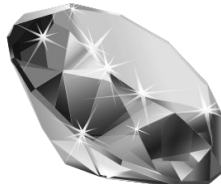
lawnmower



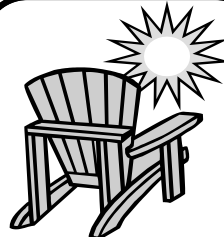
camel



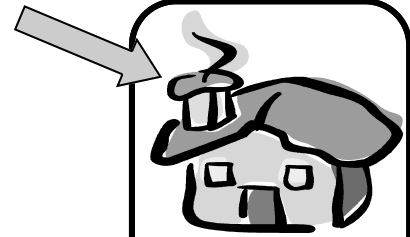
hammer



emerald



summer



chimney



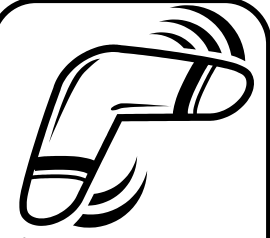
lemon



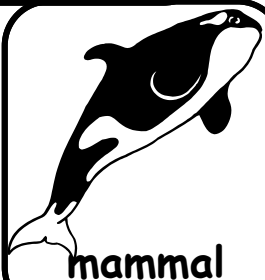
woman



tomato



boomerang



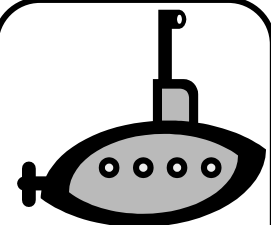
mammal



swimming



chameleon



submarine

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

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