

Home Practice Program for: _____

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

What to Expect:

- Improvement in speech takes time and practice!
- Your child should be able to say the **Z** sound first, then say words with the **Z** sound in them, and then move to saying the **Z** sound in sentences.
- After a lot of practice, you should begin to hear the **Z** 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 pictures 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 **Z** words while reading or walking to school.
- Remember to **Praise** often and be specific, e.g. , "That was a great **Z** sound!" or " You really tried hard on that one."

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

Step 1:

- Tell your child that you will be practicing making the **Z** sound which is like a "**ZZZipper**".
- Have your child watch your face while you make the sound, exaggerating the lips spreading and saying the **Z** sound loudly.
- Have your child use a mirror to watch for the lip position while practicing "**ZZZZZZ**".

Step 2:

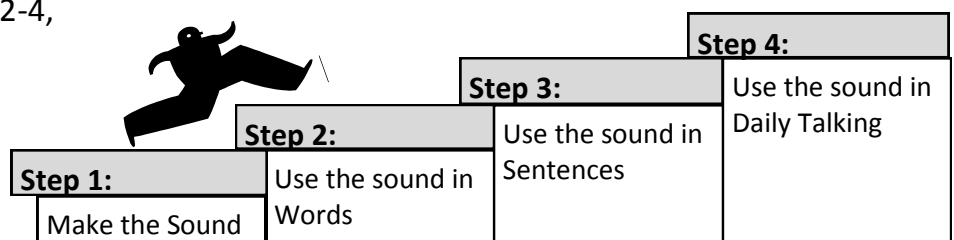
- Have your child say some of the words on the picture cards.
- Move to playing games or using the Speech Games Calendar activities to practice saying the words with the **Z** sound at the beginning of the word.
- Once this has been achieved, move to saying the words with the **Z** sound at the end of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

Step 3:

- Now that your child can easily make the **Z** 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, "My jacket has a **Zipper**." or "I really like to visit the **Zoo**."

Step 4:

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



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

- Say the instructions for making the **Z** sound, as in “watch my lips go wide, and sound like **ZZZipper**”.
- Put extra stress on the **Z** sound. For example, say “**Zoo**” and really say the **Z** sound loudly.
- Be specific when correcting your child, e.g. “Good try but you forgot your **Z** sound in that word. I heard the **D-sound**. Let’s try again”.
- Take a break when your child needs it.

Free on-line Resources for Speech Sounds and Literacy:

- 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: “Zoe Sophia in New York”, “Zibby Payne and the Party Problem”.**
- 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 source:

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

1-877-740-6009

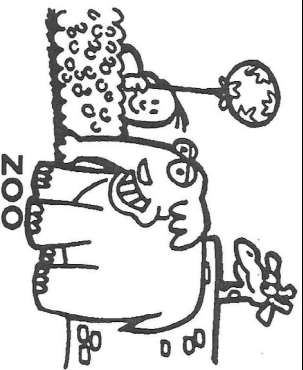
www.osla.on.ca (Find a Practitioner)

Special Instructions for your child:

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

(905) 527-5092, ext. _____

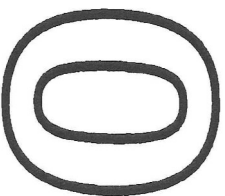
Picture cards for the z sound – at the beginning of words



zoo



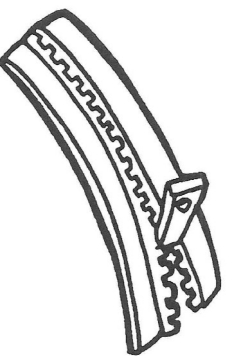
zebra



zero



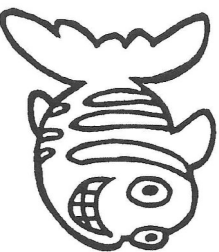
zigzag



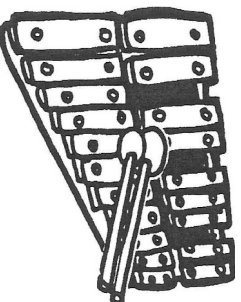
zipper



zip code



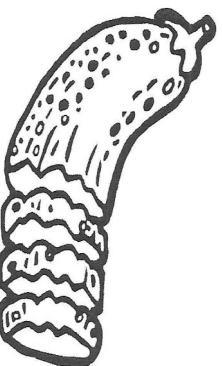
zebra fish



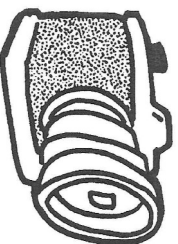
xylophone



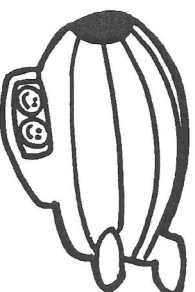
zoologist



zucchini



zoom lens



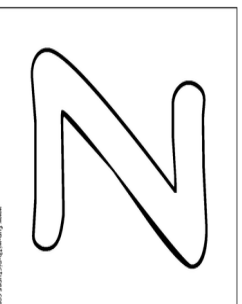
zeppelin



zoom lens



zombie

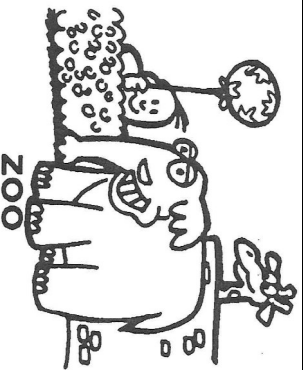


zed



zip line

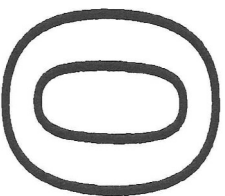
Picture cards for the z sound – at the beginning of words



zoo



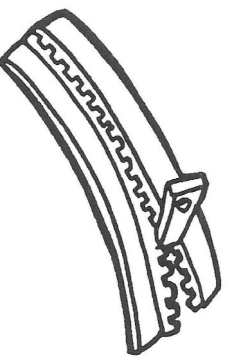
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zero



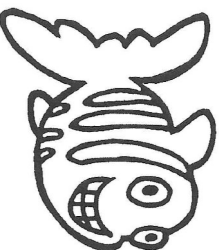
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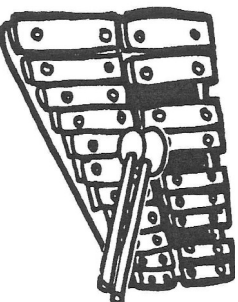
zipper



zip code



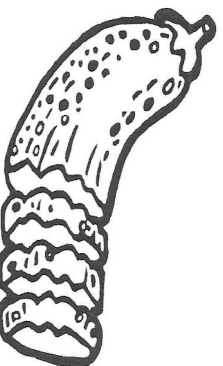
zebra fish



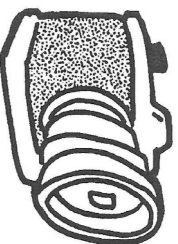
xylophone



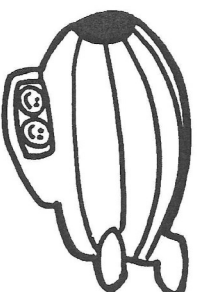
zoologist



zucchini



zoom lens



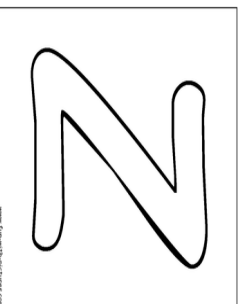
zeppelin



zoom lens



zombie

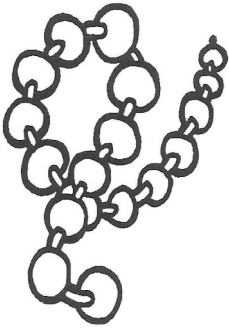
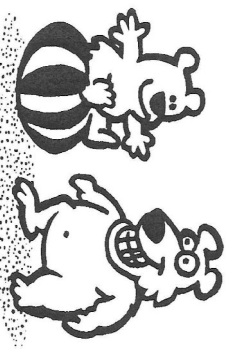
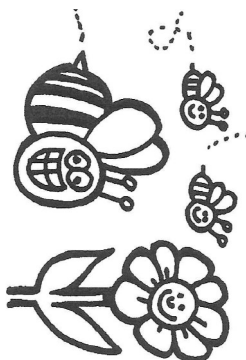
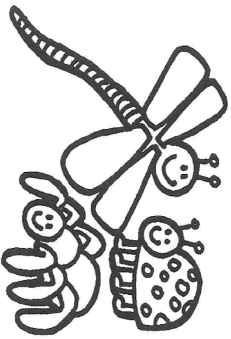
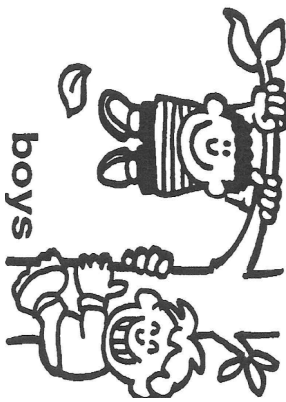
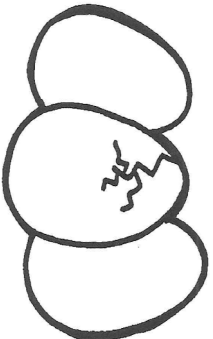
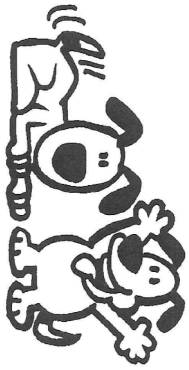
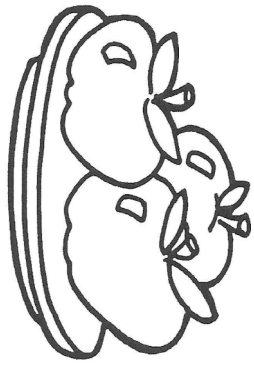
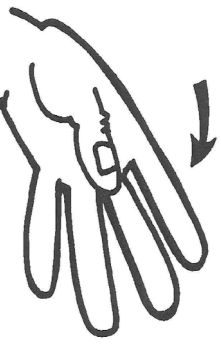
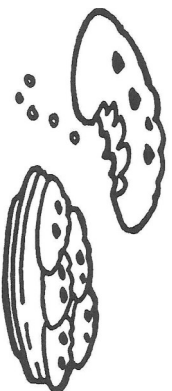


zed

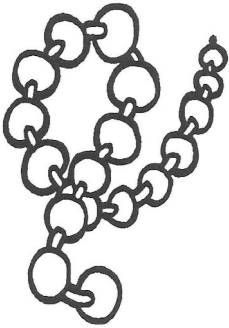
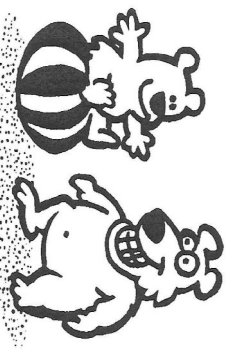
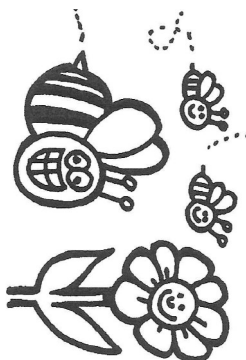
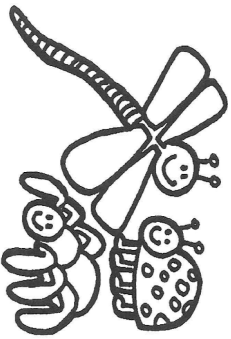
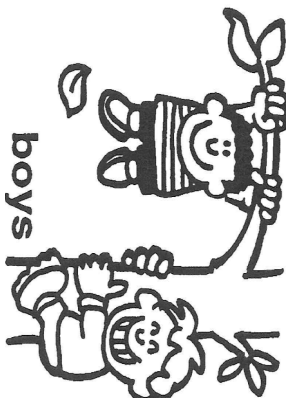
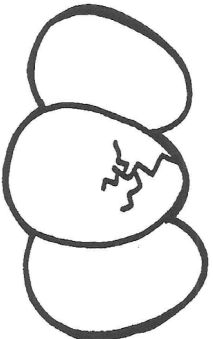
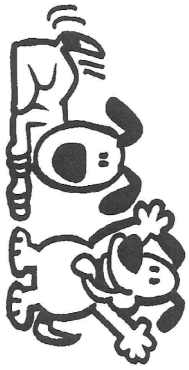
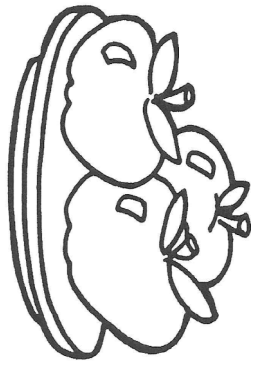
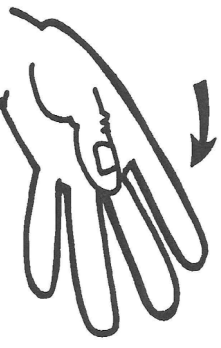
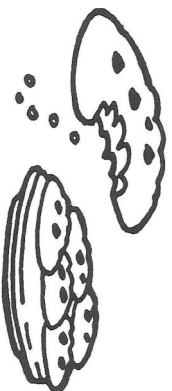


zip line

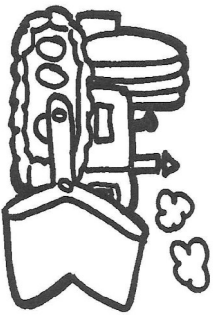
Picture cards for the z sound – at the end of words

 cheese	 beads	 bears	 bees
 bugs	 boys	 eggs	 dogs
 keys	 paws	 animals	 apples
 Santa Claus	 flowers	 fingers	 cookies

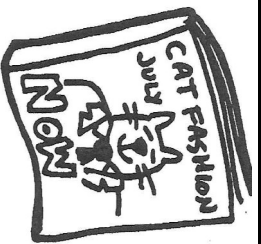
Picture cards for the z sound – at the end of words

 cheese	 beads	 bears	 bees
 bugs	 boys	 eggs	 dogs
 keys	 paws	 animals	 apples
 Santa Claus	 flowers	 fingers	 cookies

Picture cards for the z sound – in the middle of words



bulldozer



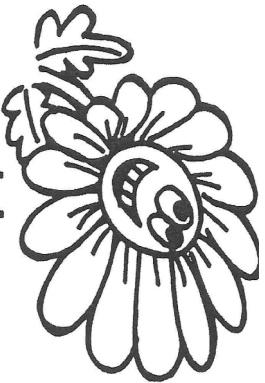
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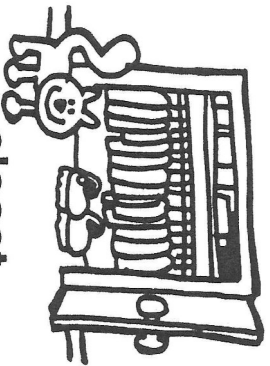
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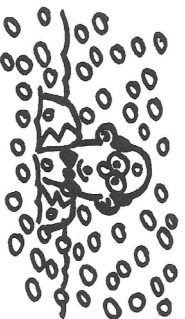
newspaper



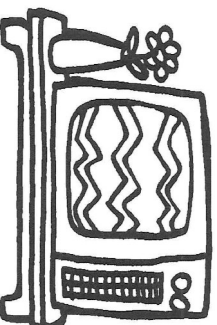
daisy



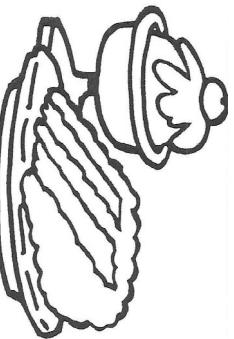
closet



blizzard



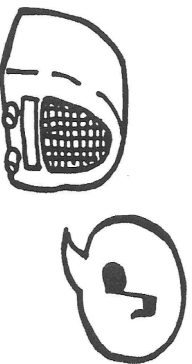
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dessert



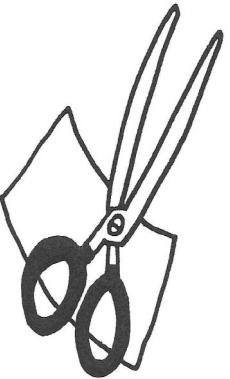
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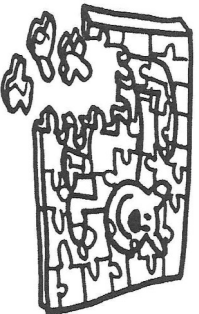
music



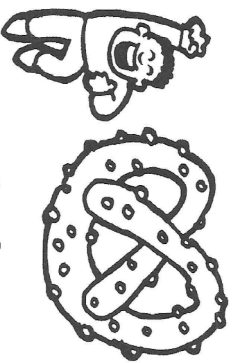
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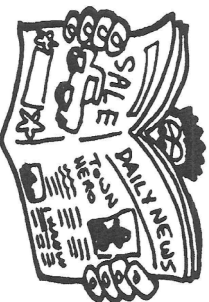
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puzzle

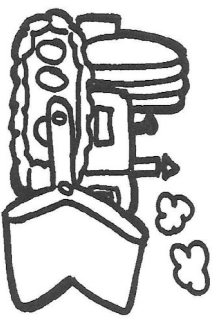


pretzel

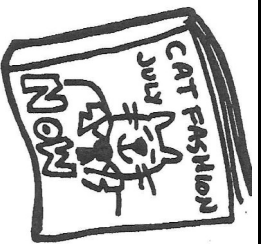


newspaper

Picture cards for the z sound – in the middle of words



bulldozer



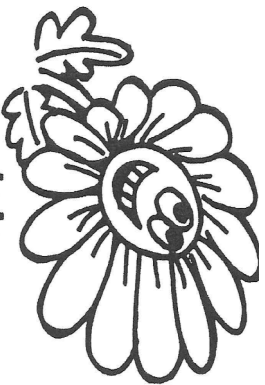
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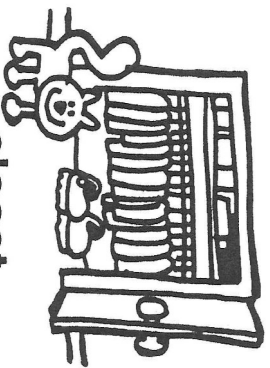
music box



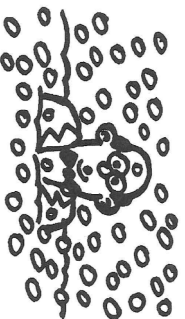
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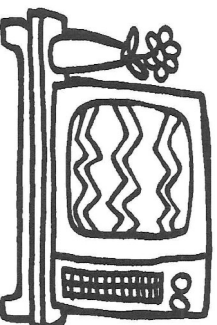
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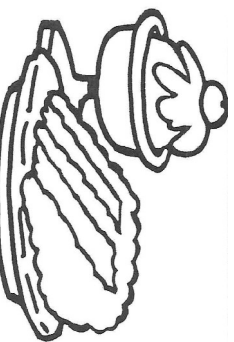
closet



blizzard



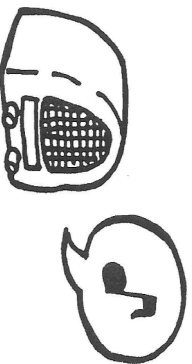
television



dessert



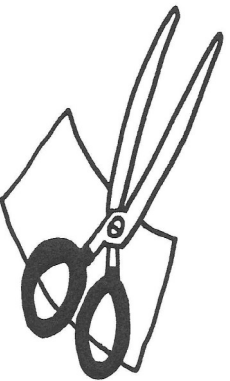
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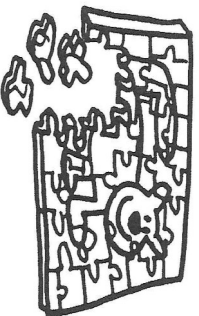
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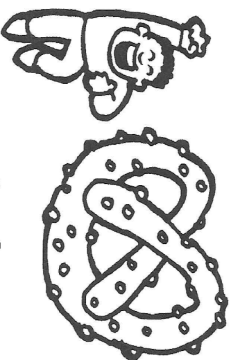
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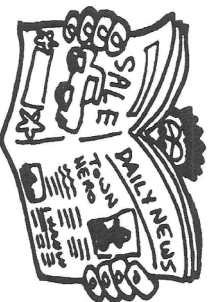
scissors



puzzle



pretzel



newspaper

Zig and Zag to the Zoo

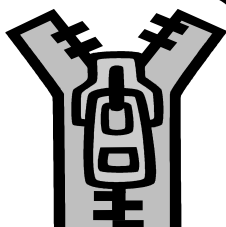
Have fun practicing your words starting with Z by playing *Zig and Zag to the Zoo*. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the word beginning with Z as you land on each space.



START
Zigging



END
Zagging



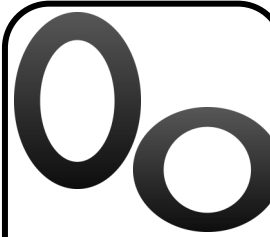
zipper



zebra fish



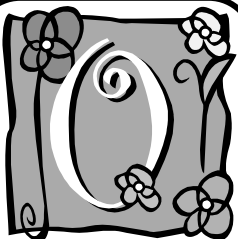
Zeus



zeros



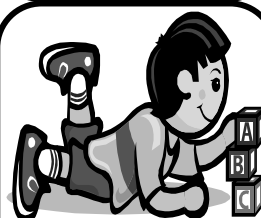
zone



zero



zebra



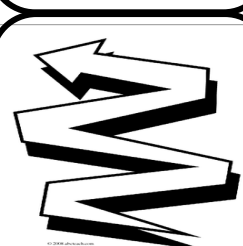
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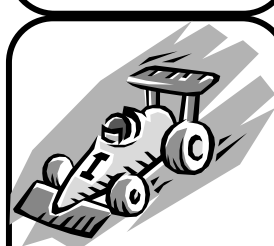
zoo



Zoe



zagged



zoom



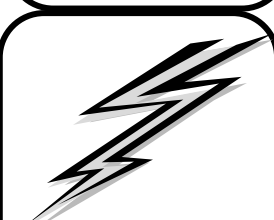
zigzag



zipped



zany



zap



zed



zapping



zucchini



zombie



START

If You Snooze You Lose!

Have fun practicing your words ending with Z by playing *If You Snooze You Loose*. Flip a coin to move 1 (heads) or 2 (tails) spaces. Say the word with Z at the end as you land on each space.



END



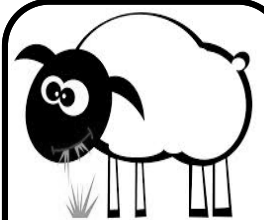
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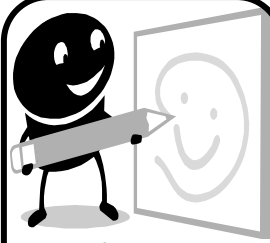
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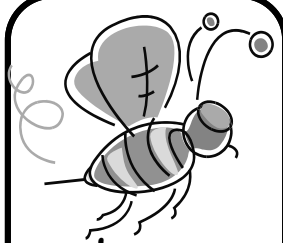
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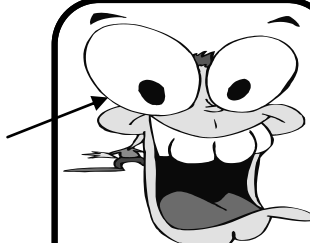
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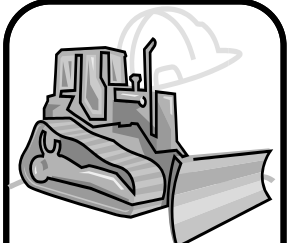
draws



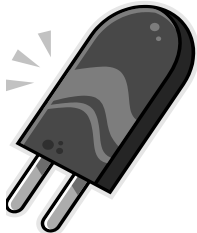
buzz



eyes



bulldoze



freeze



maze



wheeze



fuzz



daze



snooze



fizz



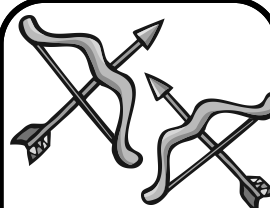
glaze



Liz



ooze



bows



gauze

Raising Daisies

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



START
Planting



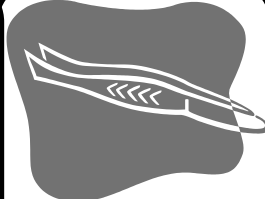
GET
Picking



buzzing



cousins



tweezers



raisins



dessert



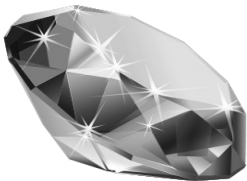
scissors



plaza



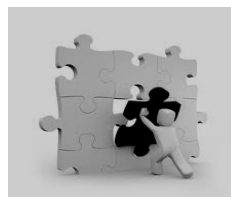
daisy



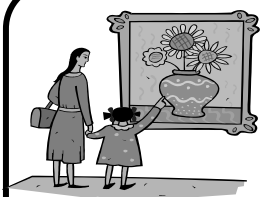
dazzle



frozen



puzzle



museum



cozy



lizard



nozzle



wizard



clumsy



closest



fuzzy



cheesecake

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.