

# Things to do when you get stuck:

1. Remember your Smooth Speech Tools: \*Keep your Voicebox turned on. \*Slide in easy, don't punch in. \*Stretch your sounds, don't pop short. \* When you feel lips, tongue, Voicebox or any part of your speech machine get tight, make it go loose. \*Practice your stutter.
2. Remember to give yourself the time you need. It's OK to make the listener wait until you are ready to talk.
3. Remember NO ONE has perfect speech.
4. Later on, when you feel ready, Try reading aloud by yourself or describing pictures by yourself. What do you notice is most difficult? Try to use the tool that goes with what's difficult. For example, for P, B, T, D, K, G – you have to Tap Lightly then Slide, since they are punching sounds.

And anytime you want to send Mrs. Maish question:

Ask your parents if you can send me a message on Parent Square or an email. You can even send me a video on Parent Square! And I'll either email or video message you back! 😊

