

# SH

## Tips and Tricks

### "The Quiet Sound"

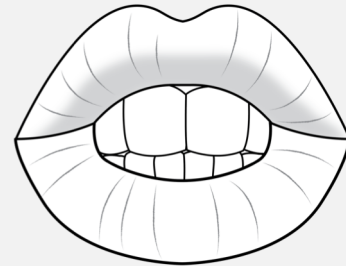


Young kids may remember a sound better when you associate the sound with a familiar image.

### Tips and Tricks

If the "sh" is sounding more like a "s" sound, make sure the lips are round like blowing a bubble. Practice making the sound in a mirror with round lips. If the "sh" is sounding slushy, remind your child the air needs to go straight down the middle of the mouth. You can cup your hands to show that the sides of the tongue should be slightly up.

### How to Make the "SH" Sound



The "sh" sound is made by puckering the lips like a kiss. The middle of the tongue comes up slightly so air does not go out the sides of the mouth. The front of the tongue should be down behind the bottom front teeth, but not touching them. The "sh" sound is a quiet sound, so the voice ("buzzer") is off while blowing air gently out the mouth.

## Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "sh" sound. Pretend to water items around the house while making a water sound. Be silly and say goodnight to objects before bed.

Remind the items to be quiet - shhh!