Orthophonie
VoxLingue
Speech and Language

Printable sheet

Five minutes of speech sound practice at home: the routine and what to say after each try

For families whose child sees a speech-language pathologist (SLP) for speech sounds. The plan stays your SLP's: this sheet helps you carry it out.

Our plan, with our SLP

The sound		**The level**	sound alone · syllable · word · sentence
About how many tries		**Which days**	M · T · W · T · F · S · S
In which language			

The five-minute routine

1. **The model: you say the word, your child listens.**
2. **A few easy tries, at a level your child already manages.**
3. **The planned level: one try per turn of the game.**
4. **End on a success, then back to play.**

What to say after a try

	YOU SAY	THEN
Right	**"You said it really well!" or your SLP's cue: say what worked.**	The next turn.
Almost	**"The start was good. Listen: ..."**	The model, and the game goes on.
Not yet	**"Good try! Listen: ..."**	An easier level.

The rest of the day: getting the word without asking for it

1. The model, then a pause
2. The model, then a question
3. Two choices: "chicken or ssssoup?"
4. A sentence to finish
5. A deliberate mistake: "Here, I'm giving you a potato."

When to stop for today

Frustration, refusal, tiredness, several missed tries in a row, a game that isn't fun anymore. Go back to the easiest level, get one success, and put the game away. A refusal that lasts: tell your SLP.

In conversation, don't ask for a repeat

Say the word back correctly, stressing the sound a little: "Yes, it's a rabbit!" Don't point out the mistake. **Blowing and tongue exercises**: no strong evidence that they help.

No SLP yet? In Québec, contact the CLSC or ask the doctor (Agir tôt, free). At the same time, a private consultation is possible, no referral needed. In Ontario: Preschool Speech and Language, no referral needed.

Sources: CISSS de Chaudière-Appalaches (2024, in French); Naître et grandir (2024, in French); CHEO; Lee and Gibbon, Cochrane review (2015); Montembeault and colleagues (2022, in French); Québec.ca, Agir tôt program. **General information: this sheet does not replace your SLP's plan or an assessment.**