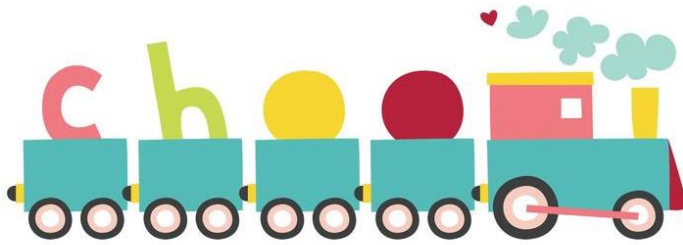




CH SOUNDS @ HOME



How do you make it?

The first step in helping your child develop the “ch” sounds is by providing lots of chances for them to hear the sound. The more you use it, the more you are helping your child learn!

Steps for the CH Sound



Tongue tip goes up (behind your top front teeth)



Teeth closed

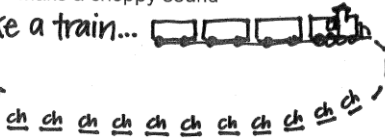


Round Lips like a fish



Make a choppy sound

like a train...



How can you help?

- Give the sound a meaningful and fun name. “ch” is our “CHoo, CHoo Sound” or our “Sneezing Sound.” It sounds like a train, “choo-choo” or the way we say “ch” when we sneeze, “AH-CHOO!”
- Get face to face with your child when playing so they can hear and see what your mouth is doing.
- Use the sound in daily routines. For example, “This **CH**ease is so **CH**ewy! **CH**ease starts with our special sound.”



Daily Practice Ideas

Day 1: Read or listen to a book

[“Chicka, Chicka, Boom, Boom” by Bill Martin Jr. and John Archambault](#)

Day 2: Sing a song together, like this one:

[“Five Little Chickadees”](#)

Day 3: Go on a treasure hunt around the house.

Look for: chair, chicken, cheerios, chalk, cheese, cherries, and more!

Day 4: Play a game with lots of “ch” sounds like:

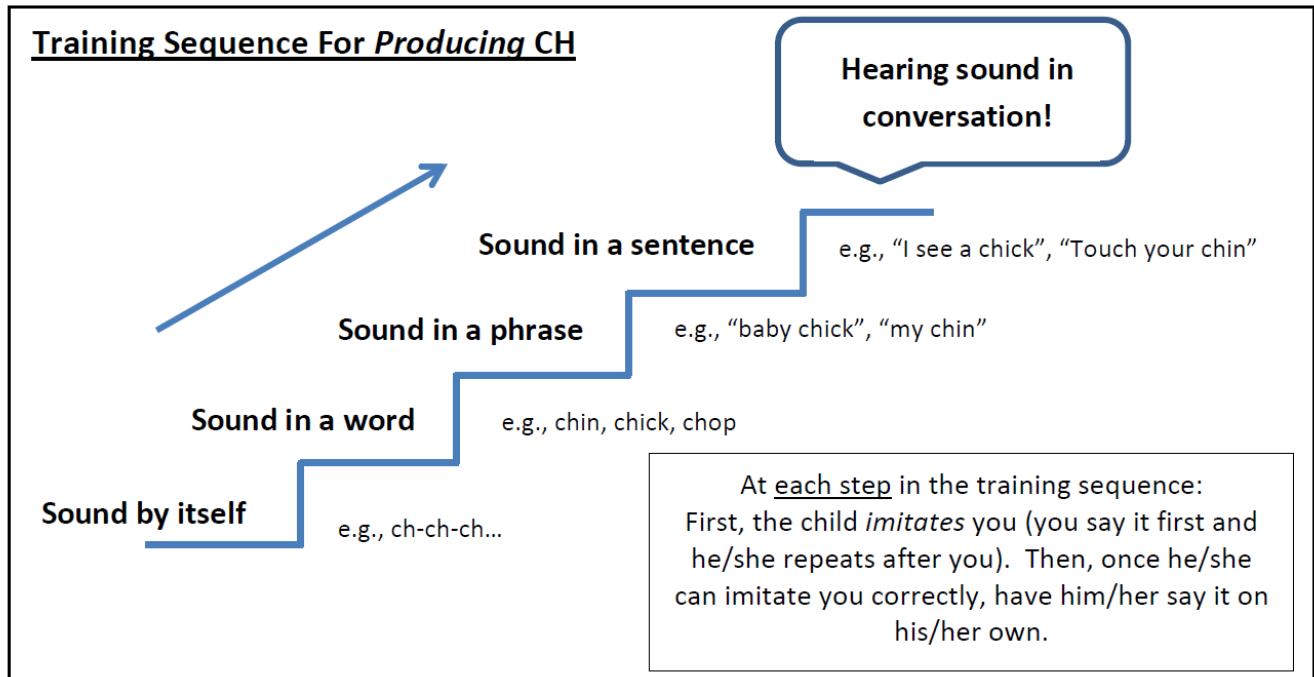
The Great Cheese Chase (use words like cheese, chase, champion!)

Day 5: Make a paper chain with different coloured strips of paper.

Use words like chain, choose, chose, choice

See back of page for additional information and resources!

ADDITIONAL INFORMATION



Check out these links for more resources and activity ideas



- **Pictures of words that start with "ch"** – cut them out and practice by: hiding them around the house, driving cars over them, playing a memory game, tossing balls or beanbags onto them, putting them in a cardboard box "mailbox"
- Songs & Rhymes: Check out www.youtube.com for lyrics to songs and rhymes like "Five Little Chickadees", "Cheer Up", "The 'CH' Food Song" and "Siting In My Chair" that you can sing with your child.
 - Don't forget – you can change the words to any song to make it work for the sound you want to practice. For example – you can sing "Old MacDonald Had a Farm" with different words ("And on his farm he had a train. Ee i ee i oh. With a choo-choo here.").
- **More Practical Speech Therapy Activities for Home Practice** - from Mommy Speech Therapy

