

# Ways to help me say... 'ch'



## 1. Show me (visual cues)

- Help me look in a mirror so I can see my round lips
- You model the sound by repeating lots of words that contain the 'ch' sound

## 2. Tell me these tips (verbal cues)

- "Push your lips forward."
- "Make it sound quick."

## 3. Help me say my sound in:

- Isolation
- Syllables (e.g. chee, char, orch, ooch)
- Beginning of words (e.g. cheese, chair)
- End of words (e.g. beach, watch)
- Phrases (e.g. sit on a chair)

## 4. Other tips which might help me:

- *Aspiration Trick* to help blend (e.g. chair = ch-hair / ch-hip)
- You may like to practice by pretending to sneeze ("ahhh-choo") or a train ("choo-choo")

Please give me lots of **praise**.  
e.g. "That was a nice 'ch' sound!"

You can also praise me for good sitting/listening/looking/trying e.g. "Good trying"

**"I'm getting better at saying my 'ch' sound each time we practice together!"**

**Thanks so much for helping me!**