

<b>How to Make My /f/ sound, as in "fish"</b>	<b>Something doesn't quite sound right... Patterns you might see</b>	<b>Help me practice my sound!</b>
<ul style="list-style-type: none"> <li>I take a big breath and keep it inside until my lips are ready to go</li> <li>My top teeth are on my bottom lip</li> <li>My air rushes out quickly, like letting air out of a balloon</li> <li>My voice is off</li> </ul>	<ol style="list-style-type: none"> <li>You may hear no sound at all, also known as <b>omission</b>. This occurs when your child tries to make the sound, but it is missing. For example: in the word "fish" you may hear "ish" or in the word "fan" you may only hear "an".</li> <li>You may hear another sound, also known as <b>substitution</b>. This occurs when your child tries to make the sound, but says a different sound instead. For example: in the word "fish", it could sound like "vish" or in the word "fan", you may hear "pan".</li> </ol>	<ol style="list-style-type: none"> <li><b>Mirror Work</b> Have them watch themselves in the mirror to make sure they are bringing in a big breath, making sure he/she is biting his/her lip, then pushing out the air. This will help if you are hearing the /p/ sound also. If you are hearing the /v/ sound instead of /f/ make sure they practice not using his/her voice when saying the /f/ sound.</li> <li><b>Make nonsense sounds with your child while adding the "f" sound</b> <ol style="list-style-type: none"> <li>Put the /f/ sound in front of all the long and short vowels, fay, fee, fi, fo and foo. Then practice the /f/ sound at the end of the vowels, uf, af, if, of, ef and finally in the middle of the vowels, ifo, ayfu, efa, ofee ... you get the idea.</li> <li>Your child will love to imitate siblings (or bother them) so have your older children do this when they talk to them. They will be talking, and it will make the most adorable sibling moment.</li> <li></li> </ol> </li> <li><b>Go on a sound hunt</b> Look at books, food, labels, billboards, signs, anything and everything in your community or house and find words to practice that have the /f/ sound. Make sure you look for more than just words that start with the /f/ sound, also find words with the /f/ sound and the end and in the middle. Add those words and make phrases like "my fish". You can also make sentences like "The elephant made me laugh"</li> <li><b>Go Fish!</b> You can use any playing card, matching cards or even /f/ sound cards to play Go Fish! You can bring the whole family in on this game and have an amazing time! Here is a link to find /f/ sound card to practice <a href="http://mommyspeechtherapy.com/wp-content/downloads/articulation/f-initial_words.pdf">http://mommyspeechtherapy.com/wp-content/downloads/articulation/f-initial_words.pdf</a></li> <li><b>Raising Robust Readers - Sing the letter F song!</b>  <p style="text-align: center;"> <i>The name of the letter is f.</i>  <i>The sound of the letter is /f/.</i>  <i>F says /f/.</i>  <i>F says /f/.</i>  <i>Fan my hot face.</i>  <i>F says /f/.</i> </p> </li> </ol>
<b>Where do I hear my sound?</b>	<b>Photo</b>	
<ul style="list-style-type: none"> <li>In <b>isolation</b> "f"</li> <li>In <b>syllables</b> "fa"</li> <li>At <b>beginning of words</b> as in "face"</li> <li>At the <b>end of words</b> as in "calf"</li> <li>In the <b>middle of words</b> as in "breakfast"</li> <li>In <b>phrases</b> with words that have /f/ at the beginning, middle and end.</li> <li>In <b>sentences</b> with words that have /f/ at the beginning, middle and end.</li> <li>While <b>reading</b> with words that have /f/ at the beginning, middle and end.</li> <li>In <b>conversation</b> with words that have /f/ at the beginning, middle and end.</li> </ul>		