

How to Make My /ch/ sound, as in “chew”	Something doesn’t quite sound right... Patterns you might see	Help me practice my sound!
<ul style="list-style-type: none"> • My lips are apart and pushed out • My teeth are close together • My cheeks are flat (holding no air) • The tip of my tongue taps the bumpy part right behind my front teeth. • The sides of my tongue are touching the inside of my back teeth. 	<ol style="list-style-type: none"> 1. You may hear no sound at all, also known as omission. This occurs when your child tries to make the sound, but it is missing. For example: in the word “chew” you may hear “ew or in the word “chip” you may only hear “ip”. 2. You may hear another sound, also known as substitution. This occurs when your child tries to make the sound, but says a different sound instead. For example: in the word “chew”, it could sound like “shoe” or in the word “chip”, you may hear “tip”. 	<ol style="list-style-type: none"> 1. Mirror Work <ol style="list-style-type: none"> a. Have them watch themselves in the mirror to make sure their lips are pushed out, teeth are close together and cheeks are flat. You can help ensure cheeks stay flat by putting your hands on your cheeks and slightly pushing on them. Practice pushing out against the back molars, using your tongue like elbows to create a groove down the center. 2. Make nonsense sounds with your child while adding the “ch” sound <ol style="list-style-type: none"> a. Put the /ch/ sound in front of all the long and short vowels, chay, chee, chi, cho and choo. Then practice the /CH/ sound at the end of the vowels, uch, ach, ich, och, ech and finally in the middle of the vowels, icho, aychu, echa, ochee ... you get the idea. b. 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. 3. Go on a sound hunt Look at books, food, labels, billboards, signs, anything and everything in your community or house and find words to practice that have the /ch/ sound. Make sure you look for more than just words that start with the /ch/ sound, also find words with the /ch/ sound and the end and in the middle. Add those words and make phrases like “eat the cheese”. You can also make sentences like “Don’t forget your lunch box.” Or “I’m going to sit on the couch.” 4. Ah, Ah, Ah Choo For children working on /ch/ at the word level, here is a fun “sneezing” game you can play. Place one (or several!) tissues on the table in front of your child. Have them say “Ah, CHOO!” and if the air was sufficient, the tissues should be sent flying across the table. This is a great visual demonstration of the burst of air required to make the accurate /ch/ sound.
Where do I hear my sound?		
<ul style="list-style-type: none"> • In isolation “ch” • In syllables “cha” • At beginning of words as in “cheese” • At the end of words as in “ouch” • In the middle of words as in “beachball” • In phrases with words that have /ch/ at the beginning, middle and end. • In sentences with words that have /ch/ at the beginning, middle and end. • While reading with words that have /ch/ at the beginning, middle and end. • In conversation with words that have /ch/ at the beginning, middle and end. 	Photo	