

How to Make My /z/ sound, as in “zoo”	Something doesn’t quite sound right... Patterns you might see	Help me practice my sound!
<ul style="list-style-type: none"> <li>• My tongue is behind my teeth.</li> <li>• My lips are pulled back, like a smile.</li> <li>• The sides of my tongue are touching the inside of my back teeth.</li> <li>• The air comes out over the middle of my tongue and out the front, not the sides.</li> <li>• I turn on my voice - I can feel a vibration when I put my hand on my throat</li> </ul>	<ol style="list-style-type: none"> <li>1. You may hear no sound at all, also known as <b>omission</b>. This occurs when the participant tries to make the sound, but it is missing. For example: in the word “zoo” you may hear “oo” or in the word “zap” you may only hear “ap”.</li> <li>2. You may hear another sound, also known as <b>substitution</b>. This occurs when the participant tries to make the sound, but says a different sound instead. For example: in the word “zoo”, it could sound like “soo” or in the word “zap”, you may hear “thap”.</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Mirror Work</b> Have them watch themselves in the mirror to make sure their lips are pulled back into a smile, putting their tongue behind their lips and pushing air out to make the /z/ sound. Ensuring the tongue stays in your child’s mouth will help to prevent them from saying the /th/ sound instead of the /z/ sound. If you hear a /s/ sound, make sure they turn on their voice.</li> <li>2. <b>Make nonsense sounds with your child while adding the “z” sound</b> <ol style="list-style-type: none"> <li>a. Put the /z/ sound in front of all the long and short vowels, zay, ze, zi, zow and zoo. Then practice the /z/ sound at the end of the vowels, uz, az, iz, oz, ez and finally in the middle of the vowels, izo, ayzu, eza, ozee ... you get the idea.</li> <li>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.</li> </ol> </li> <li>3. <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 /z/ sound. Make sure you look for more than just words that start with the /z/ sound, also find words with the /z/ sound and the end and in the middle.</li> <li>4. <b>Zip up the toys</b> Gather game pieces, a die and print out this board game to practice /z/ in all positions of words. You can also put these words into phrases and sentences to make your practice more difficult. Link here: <a href="https://sites.google.com/a/gips.org/speech-is-fun/articulation-activities/-s-activities">https://sites.google.com/a/gips.org/speech-is-fun/articulation-activities/-s-activities</a></li> <li>5. <b>Raising Robust Readers - Sing the Z song!</b>  <p style="text-align: center;"> <i>The name of the letter is z.</i>  <i>The sound of the letter is /z/.</i>  <i>Z says /z/.</i>  <i>Z says /z/.</i>  <i>Zip my zipper.</i>  <i>Z says /z/.</i> </p> </li> </ol>
<p><b>Where do I hear my sound?</b></p>		
<ul style="list-style-type: none"> <li>• In <b>isolation</b> “z”</li> <li>• In <b>syllables</b> “za”</li> <li>• At <b>beginning of words</b> as in “zap”</li> <li>• At the <b>end of words</b> as in “glaze”</li> <li>• In the <b>middle of words</b> as in “busy”</li> <li>• In <b>phrases</b> with words that have /z/ at the beginning, middle and end.</li> <li>• In <b>sentences</b> with words that have /z/ at the beginning, middle and end.</li> <li>• While <b>reading</b> with words that have /z/ at the beginning, middle and end.</li> <li>• In <b>conversation</b> with words that have /z/ at the beginning, middle and end.</li> </ul>	<p><b>Photo</b></p>	