

How to Make My /zh/ sound, as in “measure”	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 forward • My teeth are close together • The tip of my tongue is in the middle of my mouth – not touching the top or the bottom • The side of my tongue are touching the inside of my back teeth • My cheeks are flat • I turn on my voice - I can feel a vibration when I put my hand on my throat 	<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 “measure” you may hear “mea-ure” or in the word “garage” you may only hear “gara”. 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 “measure”, it could sound like “messure” or in the word “garage”, you may hear “garaz”. 	<ol style="list-style-type: none"> 1. Mirror Work Have your child watch themselves in the mirror to make sure their lips are pushed out. Use your fingers to push the cheeks and lips forward. You can also try putting a lollipop in the middle of the tongue and curl the tip and side around it. The “bowl” that is made with the tongue is what you need for the /zh/ sound. If it sounds like /sh/, then make sure they have their voice turned on. 2. Make nonsense sounds with your child while adding the “zh” sound <ol style="list-style-type: none"> a. Put the /zh/ sound in front of all the long and short vowels, zhay, zhee, zhie, zho and zhoo. Then practice the /zh/ sound at the end of the vowels, uzh, azh, izh, ozh, ezh and finally in the middle of the vowels, izho, ayzhu, ezha, ozhee ... 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 /zh/ sound. Make sure you look for more than just words that start with the /zh/ sound, also find words with the /zh/ sound at the end and in the middle. It is less common to find this sound at the beginning of words. 4. Go Fishing Use a fishing pole with a magnet to pick up picture cards or words with paper clips attached. Have your child say the sound and word each time they reel in a fish. This blog has a great list of /zh/ words, along with extra practice. http://www.home-speech-home.com/zh-words.html
Where do I hear my sound?		
<ul style="list-style-type: none"> • In isolation “zh” • In syllables “zha” • At the end of words as in “garage” • In the middle of words as in “treasure” • In phrases with words that have /zh/ at the beginning, middle and end. • In sentences with words that have /zh/ at the beginning, middle and end. • While reading with words that have /zh/ at the beginning, middle and end. • In conversation with words that have /zh/ at the beginning, middle and end. 	<p style="text-align: center;">Photo</p>	