

How to Make My /h/ sound, as in "hi"	Something doesn't quite sound right... Patterns you might see	Help me practice my sound!
<ul style="list-style-type: none"> • My mouth is open • My tongue is down and relaxed • The tip of my tongue touches against the inside of my bottom teeth • My voice is off • The "h" sound is made with puffs of air. 	<ol style="list-style-type: none"> 1. You may hear no sound at all, also known as omission. This occurs when the participant tries to make the sound, but it is missing. For example: in the word "hi" you may hear "i" or in the word "hat" you may only hear "at". 	<ol style="list-style-type: none"> 1. Mirror Work Have your child try to fog up the mirror making the /h/ sound so they can see the air come out. This can also be done by placing your hand in front of your mouth to feel the air on your hand. 2. Make nonsense sounds with your child while adding the "h" sound <ol style="list-style-type: none"> a. Put the /h/ sound in front of all the long and short vowels, hay, he, hi, how and hoe. Then practice the /h/ sound at the end of the vowels, uh, ah, ih, oh, eh and finally in the middle of the vowels, iho, ayhu, eha, ohee ... 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.
Where do I hear my sound?	<ol style="list-style-type: none"> 2. You may hear another sound, also known as substitution. This occurs when the participant tries to make the sound, but says a different sound instead. For example: in the word "hi", it could sound like "bi" or in the word "hat", you may hear "tat". 	
<ul style="list-style-type: none"> • In isolation "h" • In syllables "ha" • At beginning of words as in "hat" • In the middle of words in "doghouse" • In phrases with words that have /h/ at the beginning, middle and end. 		<ol style="list-style-type: none"> 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 /h/ sound. Make sure you look for more than just words that start with the /h/ sound, also find words with the /h/ sound in the middle. Add those words and make phrases like "in the house" You can also make sentences like "Let's go the GiGi's Playhouse!" 4. Hop, Hop Hold your child's hand and hop. Each time you hop, say "Hop." Encourage your child to say "hop" with you. Add on to this activity, by waiting for you child to say "hop" before you do. Add siblings into this fun game and take turns saying "hop".
<ul style="list-style-type: none"> • In sentences with words that have /h/ at the beginning, middle and end. • While reading with words that have /h/ at the beginning, middle and end. • In conversation with words that have /h/ at the beginning, middle and end. 	<p style="text-align: center;">Photo</p>	<ol style="list-style-type: none"> 5. Raising Robust Readers - Sing the letter H song! <p style="text-align: center;"> <i>The name of the letter is h.</i> <i>The sound of the letter is /h/.</i> <i>H says /h/.</i> <i>H says /h/.</i> <i>Hold my hat on.</i> <i>H says /h/.</i> </p> <p>**Although you see "h" at the end of words, it become silent or a part of a sound blend as in ash, stomach, catch, graph, sixth, or yeah.</p>