



Parent Information Sheet

Supporting difficulties hearing and saying the differences between r and th

- *'r' and th' are the last sounds to develop in English, often past the age of 7 or 8.*
- *Quiet 'th' (the start of "thing") is usually replaced with 'f' and noisy 'th' (the start of 'this'), is usually replaced with 'v'.*
- *'r' is replaced with 'w' or a sound that is somewhere between the two.*
- *'Quiet th' (thing) and 'noisy th' (this) are made by placing the tongue just between the teeth at the front.*
- *'r' is made by pulling the tip of the tongue back slightly from where a 't' is articulated and leaving a slight gap between the tongue tip and the roof of the mouth.*

1. **Liaise** - Liaise with your child's Speech & Language Therapist & your child's Class Teacher / SENCO.
2. **Encourage** - Do not force him/her into saying words correctly.
3. **Repeat** - Repeat words for your child to hear, so he/she hears the correct model e.g. "Yes. It's red" or "It's your thumb".
4. **Support** - Be aware that your child may need particular help with these sounds when spelling.
5. **Practice** - 'Quiet th' (thing) and 'noisy th' (this) are made by placing the tongue just between the teeth at the front. Have fun sticking tongue out.
6. **Say & Repeat** - Say 'strings of th and f-words e.g. *thor, four, thor, four, thor.... thin, fin, thin, fin, thin, fin...* This will help your child's tongue and lips pronounce the right sound in talking (as we don't want to get rid of 'f')
7. **Say & Repeat** - Do the above strategy with strings of 'th' (this) and 'v' words: e.g. *than, van, than, van, than, van.... That, vat, that, vat, that,...*
8. **Play** - Using a list of 'th' or 'r' words play a game. Roll a dice; if you get e.g. a 5, you have to say 5 'th' words as quickly as you can and in a quick row. Have 4 throws each taking turns and then see who's won the most points.
9. **Write** - Write 6 'r' and 'w' letters on a piece of paper. Say each letter at random and cross out what he hears. Now swap over for your child to say the letter sounds. Then try with short words e.g. run and one..... or rot and what.
10. **Practice** - Practice th & r plus another sound in words by breaking these up e.g. *"b...rown", "g....row" etc.*

11. **Read** - For the ultimate challenge, read from books, watching out for th and r and try to say these in every word as they appear. Don't do this for more than a page at a time, just every so often for practice.
12. **Praise** - Don't forget to praise your child for their efforts and NEVER make negative comments about their speech.

<i>Approximate ages</i>	<i>Sounds used</i>	<i>Examples</i>
0-18 months	p, b, m, n, y, d	It is common at this age for words to often be unclear. End sounds are missed off e.g. "dada" for daddy and du for juice
18 months – 2.5 years	p, b, m, n, t, d, w	Child's speech is beginning to be a little clearer but may be easier to understand by familiar people. Beginning to put sounds at the end of words.
2.5 – 3.0 years	m, n, ng, p, b, t, d, k, g, f, s, w, h	Some sounds are being replaced by other sounds e.g "Dog" becomes "dod". Longer words may also be shortened e.g. "banana" becomes "nana"
3 years – 4 years	m, n, ng, p, b, t, d, k, g, f, v, s, z, w, h, l, j, sh, ch	Most people can understand the child. Some clusters e.g. sn, sp, kl, tr etc. may be shortened to one sound e.g. "spoon" becomes "poon".
4 years – 5.5 years	m, n, ng, p, b, t, d, k, g, f, v, s, z, w, h, l, j, sh, ch, r, y, cluster sounds	Majority of speech sounds used well. Cluster sounds may still be developing.
5.5 years – 7 years	All sounds	