



NEWCASTLE SPEECH PATHOLOGY

# 5 TIPS FOR DOING SPEECH PRACTISE AT HOME

Practise is crucial for learning any new skill. When you or your child needs to learn a new speech or language skill, consistent practise is your key to success. Here are a few tips to help you work on your speech goals from home!

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## 1. **PLAN YOUR PRACTISE.**

Speech practise rarely 'just happens'. Identify the best time of day to work on your speech activities. Linking practise to a specific daily event will help you to keep it regular. For example, you may have your child work on their speech drills in front of the bathroom mirror for 5 minutes before or after they brush their teeth. That's two practise sessions in one day!

If you're working on developing your child's vocabulary or sentence structure, picking a daily routine such as bath-time or afternoon tea will help you prepare and implement quality practise time. You can then ease off the pressure of trying to fit in practice throughout the day.

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Your speech pathologist will have given you some specific exercises or techniques to work on at home. Take the time to share these with your partner and other family members or friends.

Share the load and allow different people to implement the therapy with your child. Your child will appreciate the variety and you may find that someone has the 'knack' for getting the best practise results from your child.

## 2. **SHARE THE LOAD.**



### 3.

## PREPARE FOR PRACTISE.

Tell your child that you're going to work on their speech homework. Try to sit in a specific place for practice that's free from distractions. This might look like sitting quietly on the lounge together, or on the floor in your child's bedroom. It could be any room in the house, or even outside in your yard. Let your child know how long the practise session will last - you can even use a timer to help motivate them!

Remember, even 5 minutes a day will make a difference. The idea is to prepare your child mentally and physically for practice, and to help them realise that speech practise at home happens at a consistent and limited time.



### 4.

## SET REWARDS.

Rewards are personal for each child. You may want to give tangible rewards such as stickers or a food treat, which is often a great motivator for young children. For the slightly older child, you can try rewarding them with extra time at their favourite activity, or giving them their choice of food for dinner or a movie on the weekend.

We recommend you have a clear system in place to help you child track their home practise and earn rewards.



When should you give a reward? Always give verbal feedback about your child's speech practise. For example; *"Well done for making a great 's' sound in that word!"* and *"Great job for remembering to say 'she' when you were talking about the girl."*

Be clear about what you're rewarding your child for. At the start, you may need to provide a tangible incentive such as a sticker or stamp every time your child is successful. After some practise, you can try telling your child that they will get the reward at the end of an activity.

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## 5. USE ONE OF OUR SPEECH COACHES.

Sometimes, you just won't get the practice done. We understand! Instead of falling behind on your practise slide and waiting for your next appointment, why not book an appointment with one of our speech coaches? Speech Coaches are our special therapy assistants who are able to help you get your speech practice done at home.

Appointments are only 20 minutes long, and they're done online. A Speech Coach will use the same programme and materials that your speech pathologist has given you to take you through your practise exercises. All you'll need is a device (tablet, phone or computer) that is connected to the internet, and you can do your practise anywhere!

Speech Coaching appointments are only \$30. Take the pressure off and contact us today to book an appointment with one of our Speech Coaches.

