



Easy onset of gentle airflow: Demonstrate proper speech breathing with initiation of airflow before starting voicing with a gentle onset of phonation and light articulatory contacts.



Slowed rate: Demonstrate a slow rate of with a prolonged duration of vowels in syllables and words.



Continuous voicing: Demonstrate voicing throughout phrases and sentences, similar to singing, making the spaces between words negligible.

Home Practice

- Take turns practicing single words starting with the “whispered h” sound, saying the words slowly and while keeping your voice on. For example, saying the word “tree” should be pronounced, “h-treeeee” and take about two seconds to say.
- Take turns practicing words with the carrier phrase, “I see a _____.” Kids like to play this like, I-Spy, finding objects around the room. For example, you could say, “I see a phone,” which would be pronounced, “H-IIIIII seeeee aaaa phooooone” taking around 6-8 seconds to complete the sentence.
- Use your slow, easy speech while playing a simple board game in which you say a few phrases over and over, such as “It’s my turn,” “I rolled a ___,” “I get to move _____ spaces,” “I landed on _____,” etc. Praise each time the child remembers to use their techniques. If an utterance is said without one of the three strategies, point out which component was missing and tell the child to try again saying it with all three. Occasionally, purposely mess up on one of the three techniques; ask the child if you used your slow, easy speech correctly and what technique was missing.
- Practice using slow, easy speech during conversations. Praise your child for using his or her techniques. Occasionally point out when he or she is missing the strategies.