

Speech Articulation Support

Parent Advice Sheet – Age 5- 6

What Are Speech Articulation Difficulties?

Articulation refers to how clearly a child pronounces sounds and words. At age 6, most children can say all speech sounds correctly, but some may:

- Substitute one sound for another (e.g., “tat” for “cat”)
- Leave out sounds (e.g., “ca” for “cat”)
- Distort sounds (e.g., unclear “s” or “r”)

These issues can affect confidence, learning, and social interaction.

How You Can Help at Home

1. Be a Speech Role Model

- Speak clearly and slowly
- Emphasize tricky sounds naturally in conversation

2. Repeat & Expand

- Repeat your child’s words correctly without pressure Child: “I see a wabbit.” You: “Yes, a rabbit is hopping!”

3. Use Visual & Tactile Cues

- Show how sounds are made with your mouth
- Use mirrors so your child can watch their own mouth movements

4. Practice in Play

- Use games, toys, and stories to make speech practice fun

- Avoid drilling—keep it light and engaging

5. Celebrate Effort

- Focus on progress, not perfection
- Praise attempts: “Great try saying ‘snake!’”

Fun Activities to Boost Articulation

Activity	What to Do	Sounds Targeted
Mirror Talk	Say sounds or words while watching in a mirror	All speech sounds
Toy Talk	Make toys “talk” using target sounds	/s/, /t/, /k/, /r/, etc.
Sound Sorting	Sort pictures or objects by beginning sound	Sound awareness
Silly Sentences	Create funny sentences with target sounds	Sound repetition
Sound Hunt in Books	Find words with target sounds while reading	Listening, sound recognition
Target Toss	Say a word before tossing a beanbag or ball	Speech practice in movement

Conversation Starters

- “Can you tell me a word that starts with ‘s’?”
- “Let’s make a silly sentence with the word ‘cat’.”
- “What sound does ‘dog’ start with?”

Quick Tips

- Keep practice short and playful (5–10 minutes)
- Use everyday moments for speech practice