



TH SOUNDS @ HOME



How do you make it?

The first step in helping your child develop the “TH” sound is by providing lots of chances for them to hear the sound. The more you use it, the more you are helping your child learn!

Steps for TH

- Bite the tip of the tongue gently
- Flat tongue
- Blow air through tongue and teeth
- Voice **OFF**



How can you help?

- Give the sound a meaningful and fun name. “TH” is our “Sandwich Sound”. The tip of the tongue (the meat) is between your teeth (the bread), just like a sandwich!
- Get face to face with your child when playing so they can hear and see what your mouth is doing. Show them where the sound is made by pointing to your tongue between your teeth when making the sound.
- Use the sound in daily routines. For example, “**Th**umbs up if you’re ready! **Th**umb starts with our special sound.”

Daily Practice Ideas

Day 1: Read or listen to a book

[“Just a Thunderstorm”](#)
[by Gina and Mercer Mayer](#)

Day 2: Sing a song together, like this one:

[“A Tooty-Ta” \(“Thumbs up, shoulders back..”\)](#)

Day 3: Go on a treasure hunt around the house.

Look for: the numbers ‘three’ and ‘thirteen,’ silly “things,” toothbrush, thread, bath, toothpaste, thermos and more!

Day 4: Play a game with lots of “th” sounds like:

Crocodile Dentist (use words like teeth, tooth, toothpaste!)

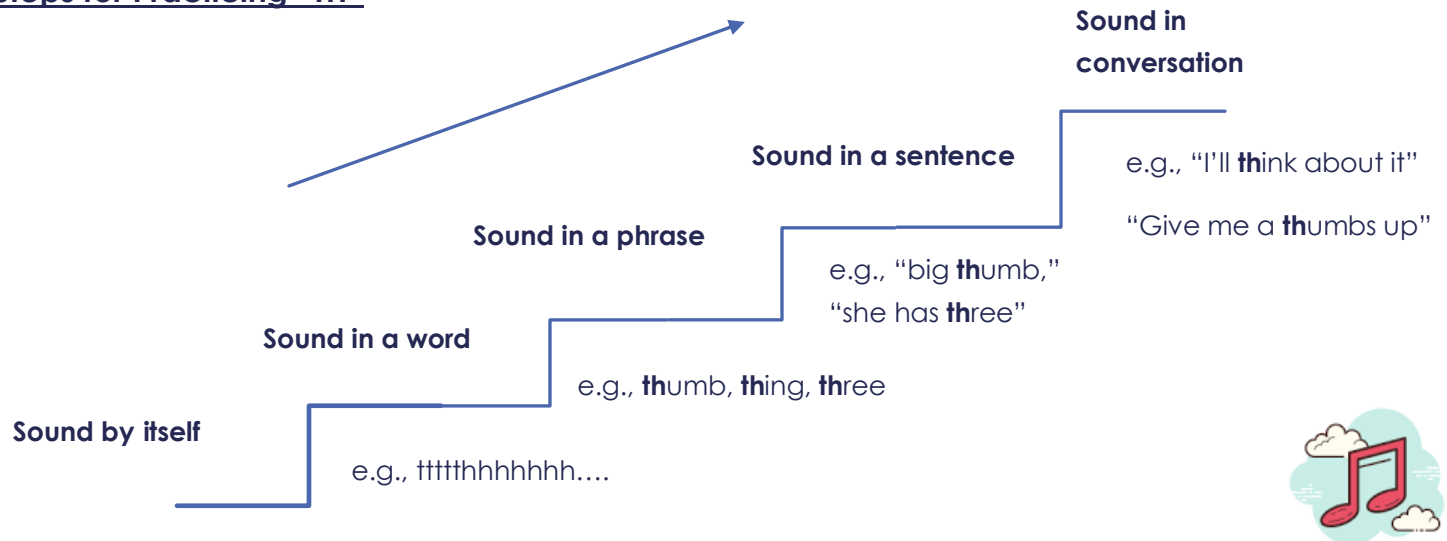
Day 5: Make Snacks!

Talk about whether the snacks you make are healthy or unhealthy. Talk about whether the snacks are good/not good for your teeth.

Go to the back page for additional information and resources!

ADDITIONAL INFORMATION

Steps for Practicing "TH"



Check out these links for more resources and activity ideas

- **Pictures of words that start with "TH"** – cut them out and practice by: putting them on the wall and smacking them with a fly swatter after practicing, tucking them inside small boxes, making a "road" and driving a toy car over them while saying your sounds, use a "popper" to knock down the cards, stamp the cards with a bingo dauber after practicing the word.
- **Songs & Rhymes:** Check out www.youtube.com for lyrics to songs and rhymes like "Tommy Thumb", "Brush Your Teeth", "A Tooty-Ta" and "My Favourite Things" that you can sing with your child.
 - Don't forget – you can change the words to any song to make it work for the sound you want to practice. For example – you can sing "If You're Happy and You Know It" with different actions (**th**row a ball, brush your **teeth**). Or, for the "Hokey Pokey" concentrate on "th" words (Put your right **th**umb in, put your right **th**umb out).
- **Practice ideas for while you're driving in the car** from Superduper Handy Handouts.

