



Seaside SaLT
Speech and language therapy

IMPROVING YOUR CHILD'S AWARENESS OF SOUNDS



Sound Lotto

There are commercial games that help your child listen to sounds.

A good example First Sound Lotto from Orchard Toys. Play them together and enjoy listening and guessing the sounds.

Listening for everyday sounds

When out and about with your child encourage them to listen out for sounds around them. For example, noises of the bus, a car, a train, birds singing etc. Talk about these sounds with your child - are they noisy sounds?
Or quiet sounds?

Actions to sounds

Choose two sounds e.g. bells and a shaker. Decide on two actions such as running and jumping to go with them. For example, when they hear the shaker they have to run and when they hear the bell they have to jump. This is a great game to play with a group of children. If they are doing well, try it with three sounds and three actions!



Listening to Rhymes

Listen to and join in with songs and nursery rhymes. You can get nursery rhyme apps or playlists to download. Look at books based on rhymes and songs. Read stories together that rhyme e.g. Julie Donaldson books.

Playing with sounds

Play games making silly sounds. They don't have to be speech sounds.

They can be animal sounds, vehicle sounds etc. One example is 'Sleepy sloths' again from Orchard Toys. Talk about what sounds animals make etc. Make funny faces and silly sounds in the mirror e.g. blowing a raspberry



Matching musical instruments

Use a set of 2 or 3 matching musical instruments or sound makers. You have one set hidden in a bag and the child has the others.

Play one of the instruments inside the bag - can they listen and find the same instrument?

If they find it hard, try showing them the instrument as you play it and then later see whether they can do it just by listening.