

How to Pronounce the Speed Sounds

When teaching a speed sound, we either have to 'stretch' or 'bounce' it.

These first sounds should all be stretched slightly. Try to avoid saying uh after each one. E.g. /mm/ not muh, /ss/ not suh, /ff/ not fuh.

m – mmmmmmountain (keep lips pressed together hard)

s – ssssssnake (keep teeth together and hiss – unvoiced)

n – nnnnnnet (keep tongue behind teeth)

f – ffffflower (keep teeth on bottom lip and force air out sharply – unvoiced)

l – lllllleg (keep pointed curled tongue behind teeth).

r – rrrrrrobot (say rrr as if you are growling)

v – vvvvvvulture (keep teeth on bottom lip and force air out gently)

z – zzzzzzig zzzzzag (keep teeth together and make a buzzing sound)

th – thhhhank you (stick out tongue and breathe out sharply)

sh – shhhh (make a shhh noise as though you are telling somebody to be quiet!)

ng – thinnnnngg on a strinnnnngg (curl your tongue at the back of your throat)

nk – I think I stink (make a piggy oink noise without the oi! nk nk nk)

These next sounds cannot be stretched. Make the sound as short as possible avoiding uh at the end of the sound.

t – (tick tongue behind the teeth – unvoiced)

p - (make distinctive p with lips – unvoiced)

k – (make sharp click at back of throat)

c - as above

h – (say h as you breathe sharply out – unvoiced) ch - (make a short sneezing sound)

x – (say a sharp c and add s – unvoiced)

You will find it harder to avoid saying uh at the end of these sounds. d – (tap tongue behind the teeth)

- g – (make soft sound in throat)
- b – (make a short, strong b with lips)
- j – (push lips forward)
- y – (keep edges of tongue against teeth)
- w – (keep lips tightly pursed)
- qu – (keep lips pursed as you say cw – unvoiced)

The short vowels should be kept short and sharp.

- a: a-a-a (open mouth wide as if to take a bite of an apple)
- e: e-e-e (release mouth slightly from a position)
- i: i-i-i (make a sharp sound at the back of the throat – smile)
- o: o-o-o (push out lips; make the mouth into o shape)
- u: u-u-u (make a sound in the throat)

There is a great video on the Ruth Miskin Training website which will show you how to pronounce all the sounds correctly. <https://www.ruthmiskin.com/en/find-out-more/parents/>

