

Children's Speech and Language Therapy Service

Playing with Sounds: The 'f' sound

Activities you can try at home:

- Play with a feather or long piece of tissue paper. Make an 'f' sound to blow it off your child's hand.
- Blow up a balloon and let it go gently. Help your child listen to the 'fff' sound it makes.
- Colour in the 'f' pictures of the Fimbles and the giant with your child. Talk about the pictures using lots of the 'f' sound e.g. 'big feet', 'four teeth' etc.
- Play with your rabbit mask. Show your child the rabbit's teeth. Show them how you can put your teeth on your lip like the rabbit.
- Play with pretend food. Blow out the 'hot' food for your child with the 'f' sound.
- Sing songs with the 'f' sound in e.g. 'Five fat fish', '1,2,3,4,5, once I caught a fish alive'.
- Read stories with the 'f' sound in, such as the giant saying 'fee, fie, foe, fum'.
- Remember the cued articulation sign for the 'f' sound- use this when you say the sound on it's own and in words.

Remember: Your child doesn't need to say the 'f' sound, the important thing is that they listen to you. If they choose to copy you- great, but don't ask them to.

Have fun!