



Today we take
a bite out of...



HOW TO MAKE THE /P/ SOUND

- 1 Close your lips.
- 2 Build up a little air behind your lips.
- 3 Pop your lips open and let the air out.
- 4 **Keep your voice off - /p/ is quiet and voiceless.**

Feel the quick puff of air by holding a hand in front of the mouth.

USE THE POPPING HAND CUE



1 Make a tight fist.



2 Pop it open wide!

OTHER WAYS TO HELP

USE A STICK

Hold a clean tongue depressor sideways between the lips. Close, hold, then open and blow.

TRY CHAPSTICK OR A KISS

Chapstick helps children feel where the lips meet. Pretend to blow a kiss, then pop the lips open.

Use only what helps your child. Keep practice playful and successful.

PRACTICE, THEN FADE THE HELP

1. **MODEL** Say the sound and make the hand cue.
2. **TOGETHER** Your child copies the sound and movement.
3. **ADD WORDS** Try pea, pie, pop, up, map, puppy, and paper.
4. **VISUAL ONLY** Silently show the hand cue if needed.
5. **FADE** Make the cue smaller, then remove it.

HELPFUL PARENT TIP

Keep /p/ short. Avoid adding "uh" after it. The goal is accurate speech without needing another spoken model or hand cue.

WATCH THE /P/ VIDEO

youtu.be/JO-tkWMbDaM

Click the link in the digital PDF.