



How to produce the /f/ sound

In order to make the /f/ sound, all that is required is to rest your front teeth lightly on your bottom lip and blow. The /f/ sound is a voiceless sound, so you are simply passing air through your mouth.

- **Verbal cues**

When you work with the /f/ sound with your toddler, begin by saying the sound clearly and slowly so that she knows what you are focusing on and has a good example to imitate: “/f/, /f/, /f/.” Exaggerate the sound and the movement of your mouth as you pronounce the sound, and encourage your little one to imitate you. Once she is able to say the sound correctly and repeatedly, move on to using the sound in simple syllables. This is easily done by adding vowels to the /f/ sound, such as “fa, fa, fa,” “fo, fo, fo,” and “fe, fe, fe.” With practice, she will be able to repeat these as well. Gradually move on to small words, phrases and sentences until she is seamlessly using the sound in conversation.

- **Visual Cues**

The /f/ sound is a very visual sound and can easily be taught by pointing out how the mouth moves while the sound is made. Use a mirror with your child to help him see where he places his teeth to make the sound. Pronounce it yourself a few times in the mirror, pointing to where your teeth are resting on your lips. Encourage him to do the same thing with his mouth in the mirror. The mirror will give him visual feedback to make sure the position of his mouth matches yours.