

How to Teach the L Sound!



Three Steps for Teaching the /l/ Sound

1. To teach the /l/ sound place the tongue tip on the alveolar ridge (the ridge behind the front teeth). To help your child do this touch your child's alveolar ridge with your finger or a lollipop. Then ask your child to place his tongue tip there.
2. Then with his tongue tip in place ask him to relax and then let air flow out the sides of his tongue.
3. Now to make it sound like an /l/ all he has to do is make the sound "loud" by turning on his voice.

1. Teaching the Tongue Tip to Go Up On the Alveolar Ridge

If he has difficulty getting his tongue tip in the right place you could practice by having him lick peanut butter with his tongue from behind his front teeth. Or you might try having him hold a cheerio up behind his front teeth with his tongue tip. You may also try stimulating the tongue tip with an electric toothbrush and then stimulating the alveolar ridge with an electric toothbrush as well, then tell him to touch the two surfaces together.

2. Teaching the Air to Flow Out the Sides of the Tongue

If he has difficulty with air flowing out the sides of his tongue, with his tongue tip in place on the alveolar ridge have him breathe in so he can feel the cool air going over the sides of his tongue. Have him follow this exercise by then breathing out letting the air escape out over the sides of his tongue. Another way of teaching this lateral air flow (air escaping out the sides of the tongue) is to place a straw in the front of his mouth (not between the lips) and have him blow air into it, then place two straws on either side of the mouth and have him try to blow air into it.

3. Turning on the Voice

If understanding how to "turn on his voice" is the problem have him place his hand over his voice box and feel how it vibrates when he makes loud sounds and quiet whispered sounds.

– See more at: <http://mommyspeechtherapy.com/?p=69#sthash.OCl1aYdv.dpuf>

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