

# Practicing the L sound at home

The L sound is one you can see: **tongue tip up behind the top teeth**. Here are four simple steps for a few minutes of practice at home. Keep it playful, model the sound often, and welcome any try.

## 01 Warm up with silly L sounds

Hold the sound long and loud so your child can feel the tongue tip. Keep it silly and playful.

**La-la-la!** like a song

**Llll-ick!** like an ice cream lick

**Llll-ion!** stretch it out

## 02 Find the tongue tip

Check these three things in a mirror so your child can see them too.

### 1 Tip behind the top teeth

Right on the bumpy ridge, not between the teeth.

### 2 Hum it and hold it: llll

The sides of the tongue stay relaxed.

### 3 Then let the sound out

llll-ion. Lion!

## 03 Start with L at the start

Many children begin with L at the start of a word. Your SLP will tell you which position to practice. Mix naming words, action words and describing words.

**lion**

**look**

**little**

**loud**

**like**

**lamb**

If "look" sounds like "wook": say "llll-ook" and keep playing.

## 04 Climb the practice ladder

Move up a step once your child gets it right most of the time.

SOUND

llll

WORD

lion

PHRASE

little lion

SENTENCE

Look at the little lion!

**L shows up all day. Model it as you go.**

**AT LUNCH**

"I like lettuce." "Lots of lemonade!"

**ON A WALK**

"Look, a leaf!" "A little ladybug."

**AT BEDTIME**

"Lights off." "Love you, little lion."

## Notes from your SLP

Position to practice, your child's words, and what to watch for.

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**A few minutes a day adds up.**

Every child is different. This handout is general information from licensed SLPs. Always follow your own SLP's plan for your child.