

JETT SPEECH THERAPY

HOME PRACTICE GUIDE

Simple ways for parents and clients to support speech goals between sessions

WHY HOME PRACTICE MATTERS

Therapy sessions build skills; everyday practice makes them stick. Short, frequent practice — even 5 to 10 minutes a day — is generally more effective than one long session a week, because it gives the brain many small opportunities to strengthen new speech patterns.

KEEP IT SHORT AND POSITIVE

- Aim for 5–10 minutes of focused practice most days rather than long, frustrating sessions.
- Stop while it's still going well. Ending on a success keeps motivation high for next time.
- Praise effort and attempts, not just perfect productions: "I love how hard you worked on that sound."
- If your child resists, shorten the practice or fold it into a game — pressure tends to backfire.

BUILD PRACTICE INTO DAILY ROUTINES

- Car rides: take turns naming things you see that contain the target sound.
- Mealtimes: practice a handful of target words before dessert or while setting the table.
- Reading together: pause on words with the target sound and try them together.
- Games: any turn-based game works — say a target word or sentence before each turn.

MODEL, DON'T CORRECT

When you hear an error in everyday conversation, avoid saying "No, say it right." Instead, repeat the word back correctly and naturally — "Yes, a RABBIT!" — so your child hears the correct model without feeling criticized. Save direct correction for practice time, and only for sounds your therapist says are ready to be practiced.

WORK WITH YOUR THERAPIST

- Ask which specific sounds, words, or strategies are ready for home practice — practicing targets that are too hard can reinforce errors.
- Share what worked and what didn't; it helps your therapist adjust the plan.
- Bring questions to sessions. Parent and client coaching is part of the process at Jett Speech Therapy.

A NOTE

This guide is general educational information, not individualized medical or therapeutic advice. If you have concerns about speech or language, a licensed speech-language pathologist can evaluate your specific situation. Jett Speech Therapy currently serves clients ages 5 and up, virtually, throughout California.