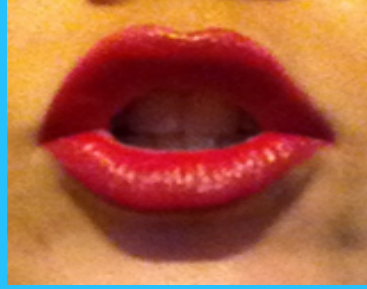


# SH



Help me practice making the "SH" sound!

- My lips are apart and pushed forward
- My teeth are lightly together
- The tip of my tongue is in the middle of my mouth - not touching the top or the bottom.
- The sides of my tongue are touching the inside of my back teeth.
- My cheeks are flat (not holding air)

"Waterfall sound" "Library sound"



The "sh" sound is noisy like a waterfall.



We call "sh" the "library sound" because holding my finger to my lips helps me remember to push them forward.

**Something doesn't sound quite right...**

It takes time to break old habits and develop a perfect sound! Consider these tips:

1

**When "sh" sounds more like "s"**

Try pushing out the lips. Look in a mirror or review a video recording (iphones are great for this!). Use your fingers to push the cheeks in and lips forward.

Also consider tongue placement. Stick a lollipop in the middle of the tongue and curl the tip and sides around it. That "bowl" formation is what you need to make for the "sh" sound.

2

**When "sh" sounds "slushy" or "breathy"**

The tongue is probably not stabilized in the back. Practice pushing out against the back molars with your "tongue elbows" to create a groove down the center. Don't let the air leak out over the sides of the tongue!

**I can make the sound... Now what?**

Great work! Now let's carry over that success into syllables, simple words, more complex words, phrases, sentences, readings, and conversation.

Practice the words on these lists and then go on a sound hunt. Look at books, food labels, billboards... Everything and anything! Hang a list on the fridge and see how many words you can add!

**Initial /sh/ words**

shoe ship shape  
share shy shin

**Medial /sh/ words**

washer masher cashier  
dasher pusher cushion

**Final /sh/ words**

dash sash bash  
flesh cash push