

The H Sound at Home: A Parent Handout

One page to keep on the fridge.

Practice at home works best when it does not feel like practice. You are not running a session; you are giving your child more chances to hear the H sound and more reasons to try it. Five minutes folded into something you were doing anyway beats twenty minutes at the table.

Five everyday moments

Snack time

Line up three or four things on the counter and name each one as you hand it over. Snacks come with a built-in reason to ask for something by name.

Bath time

Say the name of each thing as it goes into the water, then wait and see what comes back. The waiting is the part that does the work.

In the car

Car rides are hands-free talking time. Play I-spy out the window and take turns spotting things like hill.

Getting dressed

Narrate the order as it happens. Naming each thing before it goes on gives your child a beat to jump in.

Bedtime books

Pick one word to hunt for instead of reading straight through. Finding hawk five times in one book counts as five turns.

H words to keep in your pocket

- hat	- hot	- hit	- hop
- hip	- hug	- hi	- hay
- house	- horse	- hill	- hair
- hammer	- harp	- hare	- hen
- hose	- hawk	- hook	- hedgehog

Three things worth remembering

- Model, do not correct. Say the word back the way you say it and keep the conversation going. Your child hears the difference without being put on the spot.
- Follow what they already love. A child who cares about diggers will say more words about diggers than about anything on a worksheet.
- Stop while it is still fun. Ending early is what makes them say yes tomorrow.

This handout is educational support for home practice, not a diagnosis or a treatment plan. If you have questions about your child's speech, a licensed speech-language pathologist, your pediatrician or your school's evaluation team can see and hear your child in a way a page cannot.