



Speech Therapy Paired Stimulation for “R” sound



“KARLA”

To stimulate an “R” sound, practice the following:

1. Open your mouth wide. Say /ka/ /ka/ /ka/ /ka/ /ka/
2. Now, put your tongue tip up behind your top teeth and slide it back along the roof of your mouth.
 - a. Keep your tongue tip on the back of the roof of your mouth and then “flop” it down as you say: /la/ /la/ /la/ /la/ /la/
3. Say both sounds together: /ka-la/ /ka-la/ /ka-la/ /ka-la/ /ka-la/
4. Doing the same circular movement of your tongue to say /ka-la/ do it a little faster and say: /karla/ /karla/ /karla/ /karla/ /karla/
 - You should start to hear the /er/ sound in the middle
5. Now, we are going to fade away the words to say /r/
6. Whisper the /la/ in the word, by saying
/kar “la”/ /kar “la”/ /kar “la”/ /kar “la”/ /kar “la”/
7. Just move your mouth this time when it comes to the /la/, only say the /kar/ part (remember the circular motion of your tongue):
/kar la/ /kar la/ /kar la/ /kar la/ /kar la/
8. Now only say in the same circular motion: /kar/ /kar/ /kar/ /kar/ /kar/
9. Repeat the directions above #1-8 ten times.