

## Active Nasal Fricative 's' sound

### What is an active nasal fricative?

Air usually comes out of our mouths when we say most of our sounds except for the 'm' and 'n' sounds when the air is pushed out through the nose.

The 's' sound is usually said by pushing the air down the middle of our tongues and out through our teeth and lips. However, some children have learnt to push the air out of their nose for this sound.

Their 's' sound may sound like a noisy breath or snort and makes it difficult to understand their speech. When there are no physical difficulties with the muscles in their mouth we call this an 'active nasal fricative' and is something that can be improved with speech sound therapy.

### Here are some techniques to help them direct the airflow out of their mouth for the 's' sound:

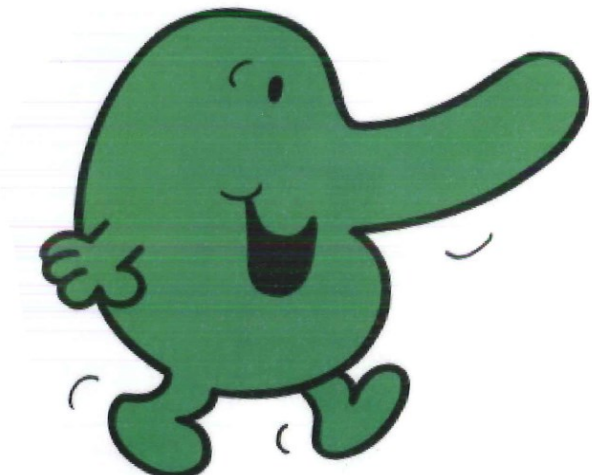
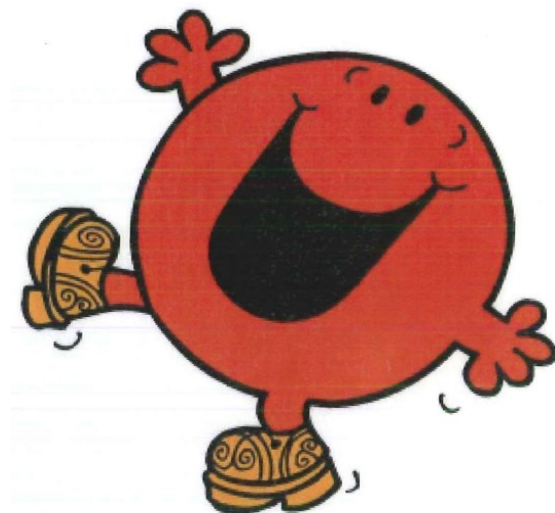
- Let the child know they will be working on a 'new' sound so they don't focus on the way they are used to making their 's' sound. You can call it the flat tyre sound (where the tyre has a puncture) or the fizzy pop sound (the noise when you open a can.)
- Mirror Practice: Have your child look in a mirror while copying you saying the /s/ sound. Guide them to position their tongue tip behind their upper front teeth and direct the airstream towards the front teeth. See if they can fog up the mirror with their breath.
- Blowing activities: Blowing bubbles, blowing down a straw or blowing a pinwheel can help the child develop breath control and direct the airflow out of their mouth. Move quickly on to saying the new 's' sound after blowing. Place a tissue or piece of paper in front of their mouth when they say the 's' sound to see if they can move it whilst producing their sound.
- Feel the air: Have the child place their hand in front of their lips to see if they can feel the air being blown on to their hand and then feel the air in the same place when they make an 's' sound. This can also work well with a funnel—have the child blow down a funnel and feel the air on their hand and then say the 's' sound down the funnel too.
- Use a picture prompt: Having a visual image to remind them of mouth vs nose talking can help them focus on where the air is coming from when practising their 's' sound. You can use pictures of air coming out a mouth or nose or use the Mr. Men characters (Mr. Mouth and Mr. Nosey) for example (see end of handout.)
- Listening to the sound: With younger children who are learning to produce the 's' sound with the air coming out of their mouth, you can help them by doing listening activities. Have a bag of objects that begin with the 's' sound and say the words for them to hear whilst emphasising the 's' sound in the word.



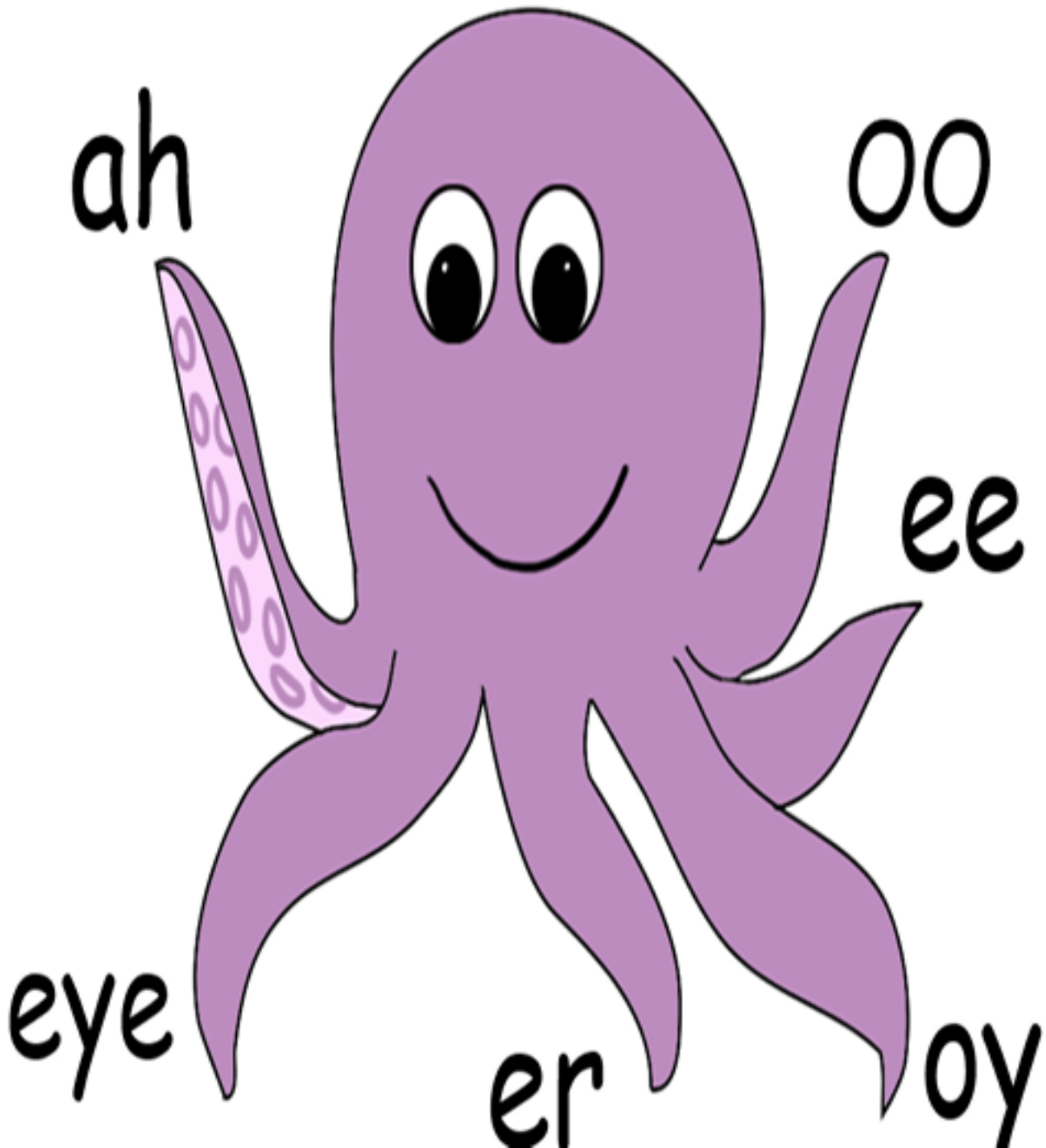
Sound practice: Follow these steps to increase their ability to use their new 's' sound.

- Isolation Practice: Practice saying the /s/ sound on it's own first.
- Syllable Practice: Practice saying syllables with the /s/ sound, such as "si," "sa," and "su." You can use Oly the Octopus to help with this practice (see end of handout.)
- Word Practice: Practice saying words with the /s/ sound, such as "sun," "sit," and "soup." You can use 's' sound picture cards to help with this practise (see end of handout.)
- Phrase and Sentence Practice: Practice saying phrases and sentences with the /s/ sound. You can make up silly sentences with a starter phrase like "Sammy the super sausage..."
- Praise and Encouragement: Praise your child's efforts, no matter how small and give them specific feedback about how they are using their new 's' sound e.g. that was a mouth sound.

### Picture prompts



Olly the Octopus



'S' Word Pictures



**See**



**Saw**



**Sew**



**Sea**



**Say**



**Sir**



**Sigh**



**Summer**



**Sunny**



**Sailor**



**Seesaw**



**Silly**



**Singer**



**Sofa**

















**Sorry**

'S' Word Pictures

|  |  |   |
|--|--|---|
|  <p><b>Sun</b></p>        |  <p><b>Scissors</b></p> |  <p><b>Sock</b></p>      |
|  <p><b>Six</b></p>       |  <p><b>Sink</b></p>   |  <p><b>Soap</b></p>     |
|  <p><b>Salt</b></p>     |  <p><b>Soup</b></p>  |  <p><b>Sand</b></p>    |
|  <p><b>Sandwich</b></p> |  <p><b>Sword</b></p>  |  <p><b>Sitting</b></p> |
|  <p><b>Seven</b></p>    |  <p><b>Seal</b></p>   |  <p><b>Suit</b></p>    |

'S' Word Pictures

|   |   |   |
|---|---|---|
|  <p><b>Castle</b></p>    |  <p><b>Glasses</b></p>   |  <p><b>Racing</b></p>    |
|  <p><b>Massive</b></p>   |  <p><b>Inside</b></p>   |  <p><b>Outside</b></p>  |
|  <p><b>Message</b></p> |  <p><b>Whistle</b></p> |  <p><b>Missing</b></p> |
|  <p><b>Sausage</b></p> |  <p><b>Messy</b></p>   |  <p><b>Kissing</b></p> |
|  <p><b>Icing</b></p>   |  <p><b>Listen</b></p>  |  <p><b>Seaside</b></p> |

'S' Word Pictures

|   |   |   |
|---|---|---|
|  <p><b>House</b></p>   |  <p><b>Mouse</b></p>   |  <p><b>Purse</b></p>   |
|  <p><b>Dice</b></p>   |  <p><b>Police</b></p> |  <p><b>Glass</b></p>  |
|  <p><b>Rice</b></p>  |  <p><b>Grass</b></p> |  <p><b>Juice</b></p> |
|  <p><b>Dress</b></p> |  <p><b>Bus</b></p>   |  <p><b>Horse</b></p> |
|  <p><b>Face</b></p>  |  <p><b>Race</b></p>  |  <p><b>Space</b></p> |