



Talk 2 Me

Preschool Speech and Language ~ Early Identification ~ Intervention ~ Education

795 Giles Blvd. E., Windsor, Ontario, N9A 4E5

Tel: (519) 252-0636 Fax: (519) 252-7917

Suggestions to Promote Lip Rounding in Speech

Some children maintain a retracted lip position during speech (lips pulled back into a smile). Carrying this position through speech can result in some inaccurate sounds, especially for the sounds that are typically made with rounded lips. This hand-out provides some of the strong lip rounding words that you can practice. Practicing these sounds can help improve the overall clarity in sentences and conversation.

Remember to coach your child by having them look at you while you emphasize the sound with round lips and tell them what to do with their lips. You could say something like “use your big round lips”. If this is difficult for them you can try using a mirror so they can see what it looks like.

Three sounds that require very rounded lips are:

- “o” as in open
- “oo” as in boo or two
- “w” as in “walk or one

Here are some common words for these sounds as well as some ways to practice them:

- One, two: Count things to 2: count your fish crackers, fruit snacks, or other snack food. Count with toys, fingers, toes or items in books
- Open: Ask your child to request things using “open” when they want the door opened, the fridge opened, a box or bag opened. You can also give them more opportunities to practice open by putting toys or snacks in containers with a tight lid or “ziplock” bag so that they can ask with “open”
- Choo-choo, moo-moo, Toot-toot: Try train sounds and animal sounds; especially repeated sounds to practice 2 rounded lip sounds in a row
- Boo: Play peek-a-boo, hide and seek or a chase game
- Go: take turns with toy cars, trains or a ball, you can also set up the situation by starting with “ready, set....” and having your child fill-in “go”
- dough: practice this word while playing with play dough or eating pizza or bread.
- shoe: while putting shoes on or taking off, playing with dolls and shoes
- home: when you get home
- Wow: when you see something they like or something interesting
- Wet, wash: when you take a bath or wash your hands
- Nose, toe: when naming body parts

Other lips rounding words:

- For “o”: boat, no, goat, oat, pony, bow, okay, bone, oh-no, note
- For “oo” new, boot
- For “w”: walk, wave, water, wagon, wheel