

From Sound to Speech: The Role of Therapy in Correcting Articulation Issues

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speech [6]. The therapist might focus on areas such as Rhyming and Syllable Awareness: Phonological awareness training also includes activities to develop an understanding of rhyme, syllable structure, and sound manipulation, which can improve speech clarity.

Oral-Motor Exercises: For individuals whose articulation issues are related to weak or poorly coordinated oral muscles, oral-motor therapy may be incorporated. These exercises strengthen the muscles of the mouth, lips, and tongue, making it easier for the individual to produce speech sounds correctly. Exercises may include activities like blowing bubbles, using straws, or practicing movements like lip puckering or tongue stretching [7].

Minimal Pair Therapy: This approach uses pairs of words that differ by only one sound (e.g., “pat” and “bat”) to help children learn how to produce and differentiate similar sounds. Minimal pair therapy is particularly useful for children who substitute one sound for another, like saying “wabbit” instead of “rabbit.”

Technology and Augmented Tools: Technology plays an increasingly significant role in speech therapy. Mobile apps, computer programs, and virtual therapy sessions can complement in-person therapy. These tools often use games, videos, and interactive exercises to engage children while providing structured practice in articulation. Virtual platforms also allow individuals to access therapy in remote areas or during challenging circumstances (e.g., during a pandemic).

Parent Involvement: Parents and caregivers are encouraged to actively participate in speech therapy, as they can