Speech Ease

Phonological Awareness Tips

What Is Phonological Awareness?

- Phonological awareness is the ability to identify, segment, and manipulate sounds in spoken language, including skills such as rhyming, syllable clapping, identifying initial and final sounds in words, blending sounds into words, segmenting sounds in words, and manipulating sounds in words. Developing strong phonological awareness skills is important for a child's future success in reading and spelling.

- To nurture and strengthen phonological awareness in children, parents can do the following:

From birth - 3 years

- exposing your child to sounds through songs, nursery rhymes and shared book reading.
- choosing books with rhymes or alliterations (words all starting with the same sound) i
- draw your child's attention to the rhymes: "Cat, sat, mat! Those words all rhyme.

3-5 years

- ask your child to come up with words that rhyme (e.g. "What is another word that sounds like 'cat'?) or that start/end with the same sound.
- play games such as "I Spy" are great for building on rhyming or sound awareness. E.g., "I spy with my little eye, something that rhymes with far" or "I spy with my little eye something that starts with /s/ (say the sound, not the letter name)).

5 years and above

- play some sound games that focus on blending, segmenting and manipulation.
- When driving or going for a walk or at the dinner table you can play guessing games to practice blending, where your child has to figure out the word you are sounding out (e.g. what word am I saying: m - oo - n).
- Use coloured post-it notes or lego blocks or leaves (anything really!) to practice segmenting by saying a word and getting your child to point to the items as they say each sound they hear (e.g. how many sounds can you hear in 'mum'? Point to an item as you say each sound: m - u - m).

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Locations: Williams Landing & North Melbourne | **Instagram:** @speecheasesp_melbourne | **Facebook:** @speecheasesp | TikTok: @speechease