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# 2

## Consonants

This practice material was designed to provide many opportunities to practice production of specific consonants in fairly common words, and in phrases and sentences, all with emphasis of comparing the target speech sound in minimal pairs and other contrasting environments.

The author's introduction to minimal contrasts was in Fairbanks' *Voice and Articulation Drillbook* (1960). Fairbanks' method of "... work toward the sound in question from a similar sound" (p. 27), and comparing words differing by only one element, is an obvious and natural way to approach speech-sound disorders in both children and adults. Later, Weiner (1981) described a phonologic treatment approach—a variation of a procedure by Cooper (1968)—using meaningful contrastive minimal pairs that was successful for some children with severe speech-sound disorders. Since then, treating children with phonological disorders has evolved in a number of directions, with many of them moving beyond minimal pairs contrasts to incorporating various other speech sound contrasts (Kamhi & Pollock, 2005). Yet, the technique of comparing and contrasting

phonemes in CVC words to remediate speech-sound disorders continues for both children and adults. For example, there is evidence that minimal contrast practice, used along with other techniques such as integral stimulation, articulatory placement cuing, and presentation of graphic cues is "... likely to provide gains in speech production for individuals with apraxia of speech even when deficits are chronic and severe" (Wambaugh, Duffy, McNeil, Robin, & Rogers, 2006, pp. xlvii–xlviii).

In the speech practice material presented here, most consonants in American English are represented in the initial and final positions of short words. Most common consonant clusters are represented in the initial position of short words. The following table provides examples of how the material is arranged for each consonant, starting with consonant-vowel-consonant (CVC) words, then to phrases, polysyllabic words, and sentences with multiple speech sound contrasts and with the target consonant appearing in all word positions. Throughout these materials a broad phonemic transcription is applied. Some speech sounds are grouped in nontraditional ways.

## DESCRIPTION AND EXAMPLES OF PRACTICE MATERIAL IN THIS CHAPTER

<b>Description of Practice Material for Consonants</b>	<b>Examples of Practice Material for /b/</b>
Target consonant in the initial position of CVC words with most vowels and diphthongs represented	beach, bead, beef bib, big, bill babe, bake, base
Target consonant in the initial position of CVC words in two-word phrases	book bag bed bug bang-bang
Target consonant in the final position of CVC words	bib, fib, rib dab, gab, jab gob, job, sob
Target consonant in the final position of both CVC words in two-word phrases	cob web lube job rob Abe
Target consonant in the initial position of the first word and in the final position of the second word in two-word phrases	big fib bad curb ball club
Target consonant in the initial position of CVC words and contrasted in minimal pairs	beach - peach; big - pig; bet - pet buck - duck; ball - doll; bark - dark base - vase; ban - van; boat - vote
Target consonant in the initial position of the first CVC word in two-word phrases with the second word beginning with a contrasting consonant	bake pie, bean pod, back pain boat dock, big ditch, burn down ball mitt, big map, bad mood
Target consonant plus consonant (cluster) in the initial position of short words	bleach, bleed, bleak brew, broom, bruise
Target consonant in the initial position of words of increasing length and phrases	bare, barefoot, barefooted base, baseball, baseball park bathe, bathing, bathing suit
Target consonant in all positions of words in sentences that contain multiple contrasts to the target	Get that big cobweb. Polly bought a new bowling ball. I'm a big fan of barbecue beef. My neighbors bought a new boat. Pat's homemade blackberry pie is the best.

How can practice material for specific consonants be used in therapy and with what populations? Suggestions follow, but obviously, the clinician must determine the

appropriateness of practice material for any given client, weighing the type and severity of the speech disorder, and the client's capabilities.

## DISORDER-SPECIFIC APPLICATIONS

### Apraxia of Speech

For people with apraxia of speech, this section includes many minimal pair contrasts and other consonant oppositions in short words and phrases for drill on articulatory precision, prosodic naturalness, and for modifying temporal dimensions. These precede sentence-length material containing the same consonant targets with various oppositions.

In adults, aphasic language impairment usually accompanies apraxia of speech. Some of the material in this book intended to address various phonologic impairments, motor speech disorders, and other disorders of speech production may also be applicable to a given client's language impairment.

### Dysarthria

For people with dysarthria, speech practice material juxtaposing consonants in short words, phrases, and sentences may be suitable for therapy goals similar to those for treating apraxia of speech, including articulatory precision, elements of prosody, speaking rate, a syllable-by-syllable approach to speaking, and loudness.

### Laryngectomy

For people who have had a total laryngectomy who use an artificial larynx device, tracheoesophageal voice prosthesis, or esophageal

voice, and for those who have had other laryngeal surgeries to ablate disease, this speech practice material may be helpful for improving articulation, increasing oral openness when speaking, coordinating breathing with voice production, phrasing, pacing-timing, as well as for addressing loudness and voice quality.

### Glossectomy and Other Head and Neck Cancer Surgeries and Treatments

For people who have had partial or total glossectomy, other head and neck surgeries, and/or chemoradiation treatments to the head and neck that compromise articulatory precision and/or voice, this material may be used to explore and practice compensatory articulatory gestures, and to practice speaking at a reduced rate.

### Modifying Social or Regional Dialects of American English

For people wishing to modify their specific social or regional dialect, this material may be utilized to differentiate and practice consonant sounds of American English that are habitually omitted, substituted, or distorted. In addition, customary grammatical structure of American English may be practiced in the phrase-length and sentence-length material.



## Foreign Accent Modification and Learning American English as a Second Language

For people wishing to reduce their foreign accent and for those learning American English as a second language, this material will provide many pages of speech practice material that focus on all consonant sounds in common words in American English, and common and predictable articulatory substitutions

of speakers of particular languages by contrasting the target sounds with their habitual substitutions in CVC words, and in phrases and sentences. In addition, the material in other sections of the book are appropriate to practice an optimal speaking rate (usually a reduced rate), to maximize intelligibility, to focus on customary stress and prosodic patterns of polysyllabic words and various sentence types, and to learn timing and other pragmatic-social aspects of American English conversation.

### EXAMPLES OF GOAL AREAS AND TARGET SKILLS THAT CAN BE ADDRESSED BY MATERIAL IN THIS CHAPTER

Goal Areas	Target Skills
<i>Phonology/Articulation</i>	<ul style="list-style-type: none"> <li>• articulation of specific consonants</li> <li>• juxtaposing similar speech sounds in simple and more complex linguistic environments</li> <li>• overall intelligibility</li> </ul>
<i>Rate</i>	<ul style="list-style-type: none"> <li>• reduce speaking rate</li> <li>• increase speaking rate</li> <li>• intelligibility</li> <li>• naturalness</li> </ul>
<i>Prosody</i>	<ul style="list-style-type: none"> <li>• conventional intonational-prosodic patterns in phrases and sentences</li> <li>• syllable-by-syllable production of words, phrases, and sentences</li> <li>• pitch and loudness variations</li> <li>• manner of breathing; breath control</li> <li>• phrasing</li> <li>• fluency and smoothness</li> <li>• naturalness</li> </ul>
<i>Fluency</i>	<ul style="list-style-type: none"> <li>• using a prolonged-speech technique to produce specific sounds, words, phrases, and sentences</li> <li>• naturalness</li> </ul>

<i>Voice</i>	<ul style="list-style-type: none"> <li>• best possible voice quality (free of hoarseness, breathiness, roughness, with appropriate pitch)</li> <li>• increased loudness</li> <li>• reduced loudness</li> <li>• breath support; manner of breathing</li> <li>• phrasing</li> </ul>
<i>Social or Regional Dialect Modification</i>	<ul style="list-style-type: none"> <li>• articulation of specific consonants that are habitually omitted, substituted, or distorted</li> <li>• inclusion of all syllables in words and sentences in American English</li> <li>• conventional prosodic patterns of mainstream American English</li> <li>• intelligibility</li> </ul>
<i>Foreign Accent Reduction and American English as a Second Language</i>	<ul style="list-style-type: none"> <li>• slower speaking rate to maximize intelligibility</li> <li>• articulation of specific consonants of American English that are habitually substituted, distorted, or omitted</li> <li>• inclusion of all syllables of words in sentences</li> <li>• conventional intonational-stress-prosodic patterns of mainstream American English</li> <li>• intelligibility</li> <li>• naturalness</li> </ul>

## SUGGESTIONS FOR USING AND MODIFYING THE PRACTICE MATERIAL IN THIS CHAPTER

- Use highlighting, underlining, arrows, slashes, and other diacritical markings to indicate the presence of specific consonant sounds, to stress/emphasize them, to indicate pauses, alteration in rate, prolongation, change in loudness, pitch-prosodic variation, and so forth.
- Address one of the client's speech goals, such as articulatory precision, then during subsequent practice of the same material, switch to another of the client's goals, such as naturalness. Later, address both goals simultaneously.
- Depending on specific goals, the clinician may choose to demonstrate to the client a deliberate, slower than normal model to emphasize a particular speech target.
- Self-monitoring and self-critique are fundamental to improving speech skills. A tried-and-true therapy procedure is to audio-record or video-record the client during speech practice. Afterward, the

clinician and client can review the recordings and analyze the speech performance.

- To change the two-word phrases into slightly more complex three-word phrases, add an adjective or pronoun to the noun phrases, such as “*a* big park,” “*one* big perch,” and “*my* bad putt.” Words that can most often precede noun phrases are “a,” “the,” “one,” “this,” “that,” “my,” “his,” and “her.”
- For additional practice of polysyllabic words beginning with a particular consonant, create phrases or sentences with the words appearing in the “Words of Increasing Length and Phrases” section for that consonant.
- Most of the speech practice material in all sections of this book can be modified or used directly for practice of consonant targets.
- For additional variations of contrasting consonants in simple to more complex linguistic environments, refer to the Word Grids (Chapter 4) and Contrastive Stress Drills (Chapter 9).
- Consider using Base-10 Response Forms (Chapter 10) for organizing treatment and scoring and plotting performance on speech management tasks for consonants.
- Delete or modify speech practice material that distracts the client from the intended goals of therapy.

## PRACTICE MATERIAL FOR CONSONANTS

### **b\_\_**

bee, beach, bead, beef, beak, beam, bean, beep, beet, bees

bib, big, bill, bin, bit

bay, babe, bake, bale, base, bait, bathe

bed, beg, bell, Ben, Bess, bet, Beth

batch, bad, bag, badge, back, ban, bass, bash, bat, bath

bud, buff, bug, budge, buck, bum, bun, bus, but, buzz

Bob, botch, bog, ball, bomb, bop, boss, bought

bow, bowl, bone, boat, both, bows

boo, booed, boom, boot, booth

book, bush

butte

bough, bowel, boughs

buy, bike, bite

boy, Boyd, boil, boys

burr, birch, bird, burn, burp, Burt, birth, burrs

beer, beard

bear, bears

bar, Barb, barge, bark, barn, Bart, bars

bore, board, born, bores

### ***b\_\_ b\_\_ Phrases***

book bag

big bomb

Big Ben

bed bug

buy beef

bang-bang

bad boys

big boot

bar bell

birch bark

bad back

big book

back bone

bell boy

beach bum

big boat

bad book

bird bath

bug bite

bait box

bean bag

big boom

bad burn

beach ball

bad bet

big bass

brown boots

**b**

bib, fib, rib

Abe, babe

Deb, web

dab, gab, jab, cab, lab, nab, tab

dub, hub, cub, rub, sub, tub

Bob, gob, job, cob, mob, knob, rob, sob

lube, tube

lobe, robe

herb, verb

Barb

**b   b Phrases**

cob web

lube job

rob Abe

**b      b Phrases**

big fib

big tub

ball club

bar tab

bad curb

boil crab

big mob

big crib

boys' club

***b - d Contrasts***

bee - Dee

bad - dad

boo - due

bead - deed

bam - dam

booed - dude

bean - dean

ban - Dan

boom - doom

beep - deep

bash - dash

bout - doubt

bid - did

bud - dud

buy - die

big - dig

bug - dug

buys -dyes

Bill - dill

buck - duck

Bert - dirt

bay - day

bum - dumb

beer - deer

bale - Dale

bun - done

bear - dare

bait - date

buzz - does

bays - days

bog - dog

bark - dark

bed - dead

ball - doll

barn - darn

Ben - den

bought - dot

Bart - dart

Beth - death

bow - dough

bore - door

***b\_\_ d\_\_ Phrases***

boat dock

boot-deep

big ditch

bear den

back down

big deck

back dues

burn down

black dot

black death

beat down

buckle down

***b - g Contrasts***

bill - gill

babe - Gabe

bail - Gayle

bait - gate

bays - gaze

Bess - guess

bet - get

bass - gas

bash - gash

bum - gum

bun - gun

bus - Gus

but - gut

Bob - gob

bought - got

bow - go

bowl - goal

bows - goes

bout - gout

buy - guy

beer - gear

beard - geared

bored - gourd

***b\_\_ g\_\_ Phrases***

buy gas

be good

big goat

bad guess

ball game

big goose

back gate

bad guy

ball gown

bad gash

big goof

big gut

### ***b – m Contrasts***

be – me	badge – Madge	boo – moo
beak – meek	back – Mac	booed – mood
bean – mean	ban – man	boot – moot
beet – meet	bass – mass	butte – mute
bill – mill	bash – mash	bow – mow
bit – mitt	bat – mat	bowl – mole
bay – may	bud – mud	bone – moan
bake – make	bug – mug	boat – moat
bail – mail	buck – muck	by – my
base – mace	bum – mum	bike – Mike
bait – mate	bus – muss	bite – might
beg – Meg	but – mutt	bear – mare
bell – Mel	baa – ma	bar – mar
Ben – men	Bob – mob	barge – Marge
Bess – mess	ball – mall	bark – mark
bet – met	bomb – mom	bore – more
batch – match	bop – mop	
bad – mad	boss – moss	

### ***b\_\_ m\_\_ Phrases***

be mine	book mark	big mouth
bad meal	big mess	big moth
ball mitt	Bat Man	boil meat
big myth	big map	bench mark
bad men	big mob	bad mood
bath mat	Big Mac	bad move

***b – p Contrasts***

bee - pea  
 beach - peach  
 beak - peak  
 beep - peep  
 beat - Pete  
 bees - peas  
  
 big - pig  
 bill - pill  
 bin - pin  
 bit - pit  
  
 bale - pale  
 bays - pays  
  
 beg - peg  
 Ben - pen  
 bet - pet

batch - patch  
 bad - pad  
 back - pack  
 ban - pan  
 bass - pass  
 bat - pat  
 bath - path  
  
 bub - pub  
 buff - puff  
 bug - pug  
 bun - pun  
 bus - pus  
 but - putt  
  
 ball - Paul  
 bop - pop

bought - pot  
  
 bull - pull  
  
 bowel - Powell  
  
 buy - pie  
 bike - pike  
  
 birch - perch  
  
 bar - par  
 bark - park  
 Bart - part  
  
 bore - pour

***b\_\_ p\_\_ Phrases***

bake pie  
 ball park  
 boat pier  
 bird perch  
 bad part  
 boil pork  
 back porch  
 big pear  
 back page

big pig  
 bean pod  
 big perch  
 beer pub  
 berry pie  
 boil peas  
 big peak  
 back pack  
 bean patch

back pain  
 bean pot  
 big park  
 bear paw  
 bus pass  
 bad putt  
 back pay  
 bad pun  
 beach party



***b – v Contrasts***

Bic – Vic

ban – van

burn – Vern

bale – veil

bat – vat

beer – veer

base – vase

boat – vote

bet – vet

bough – vow

***bl\_\_***

bleach, bleed, bleak, bleep

blab, black

blue, bloom, blues

blip, bliss

blood, blush

blur

blade, Blake, blame, blaze

blob, blotch, block, blot

blare

bled, bless

blow, blows

***br\_\_***

breach, breed, breathe, breeze

Brad, bran, brass, brash, brat

brow, brown

bridge, brick, brim

broad, brawl, brawn

bride, brine, bright

braid, break, Braille, brain,  
brace, bravebrew, brood, broom, brute,  
bruise

bread, breath

brook

***Words of Increasing Length and Phrases That Begin with /b/***

bare

barefoot

barefooted

bed

bedside

bedside manner

base

baseball

baseball park

back

background

background music

back

back seat

back-seat driver

batter

battering

battering ram

bathe

bathing

bathing suit

black

black strap

black strap molasses

beans

baked beans

Boston baked beans

***Sentences with /b/***

1. I'll be back.
2. Get that big cobweb.
3. Park the cab by the curb.
4. Both boys got bad bumps.
5. Bill bought a new bowling ball.
6. The wind blew my birch to bits.
7. My neighbors bought a new boat.
8. Our baseball team beat the Bears.
9. The bass were biting at Big Lake.
10. Put the bird bath in my back yard.
11. Don't burn the banana bread again.
12. Bonnie's blackberry pie is the best.
13. Ben heard sobbing from the bedroom.
14. The big bands will begin to play soon.
15. Bellboy, please put my bag in that cab.
16. "Good night, boys, don't let the bedbugs bite."
17. That book may be a big seller, but it bored me.
18. I'll bet you a buck Pat blows his big date with Beth.
19. Boy, this lemon pie is much better than one you buy at a bakery.
20. "Boogie Woogie Bugle Boy of Company B" was a big hit for Bette Midler.

**/tʃ/—**

chief, check, cheap, cheat, cheese  
 chick, chill, chin, chip  
 chafe, chain, chase  
 check, chess  
 Chad, chap, chat  
 chug, Chuck, chum  
 chalk, chop  
 choke, chose  
 chew, chewed, choose  
 chow  
 chide, chime, chive  
 choice  
 churn, chirp  
 cheer, cheered  
 chair  
 char, charred, charm, chart  
 chore

***tʃ — tʃ Phrases***

cheap cheese	choice cheese	chirp-chirp
charred chop	charm Chad	choice chops
choke chain	choose Chuck	chaffed chin
chop-chop	chill cheese	chess champ
cheap chair	chase Chuck	Charlie's cheap

**—tʃ**

each, beach, leech, peach, reach, teach	coach, poach, roach
itch, ditch, hitch, Mitch, pitch, rich, witch	hooch, mooch, pooch
fetch, wretch	ouch, couch, pouch, vouch
batch, hatch, catch, latch, match, patch, thatch	birch, church, lurch, perch, search
Dutch, much, such, touch	arch, parch
botch, notch, watch	porch, torch

**\_\_tʃ \_\_tʃ Phrases**

catch perch  
 teach Mitch  
 each batch

teach Dutch  
 speech coach  
 each stitch

rich grouch

**tʃ\_\_ \_\_tʃ Phrases**

chess match  
 check each  
 cheap batch

choice beach  
 chess coach  
 chide Mitch

choice catch  
 chilled peach  
 chain stitch

**tʃ - k Contrasts**

cheap - keep  
 cheese - keys

chick - kick  
 chill - kill  
 chin - kin

chain - cane  
 chase - case

chap - cap  
 chat - cat

chub - cub  
 chum - come

chew - coo  
 chewed - cooed

choke - Coke

chow - cow

chair - care  
 chairs - cares

char - car  
 charred - card  
 chart - cart

chore - core

**tʃ\_\_ k\_\_ Phrases**

Chad can  
 choice corn  
 chess king

cheap coin  
 Chuck's cat  
 China cup

chicken coop  
 chicken cage  
 chart a course

**tʃ - dʒ Contrasts**

cheap - Jeep

chill - Jill  
 chin - gin

chain - Jane

chess - Jess

chug - jug

choke - joke

cheer - jeer