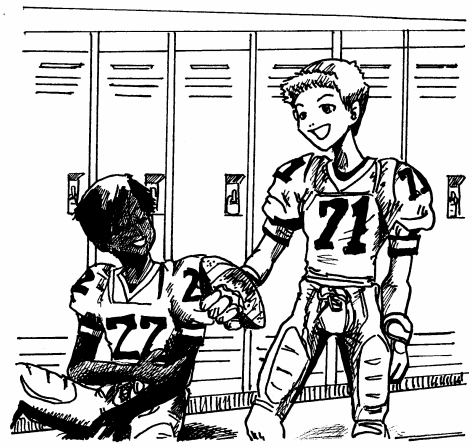
Slow Stretched Speech

When you're talking at a regular speed, your mouth moves so fast that it's hard to figure out exactly what movements you're making as you speak.



Slow Stretched Speech helps you to slow down your speech so you can notice and change what you're doing with your mouth and voice box.

At first, you'll be stretching things out for a long time (every syllable will take about two seconds). Stretching sounds and words will help you become more aware of how to keep your speech relaxed.

This strategy not only slows your speech down, but it also stretches out certain sounds in order to help you ***feel*** and ***hold on to*** the sounds in a strong and steady way.

You'll see that certain consonant sounds (m, n, l, r, w, y, v, voiced th, z and j) and all vowels are stretched. This stretching will help you to maintain a strong physical connection to your speech.

NOTES:

You may think *Slow Stretched Speech* sounds weird. Well, it does sound kind of weird, but don't worry:

You're only going to use the slower, weirder sounding stretches while you're practicing in the therapy room or at home.

Later on, you won't stretch things as long. You'll learn to make very short stretches that still "ground" your speech and keep it steady and strong.

As you practice the slower speeds, remember to pay close attention to the movements of your mouth. Really ***tune into the feeling of the sounds and words*** as you say them. Ultimately, this will help you to make changes in your speech and give you more freedom as you talk.

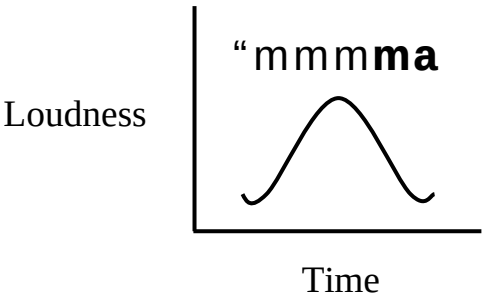
NOTES:

How to practice Slow Stretched Speech:

1. After taking a *Relaxed Breath,* you'll gently prolong the first stretchable sound of the word. Then you will slowly move through the rest of the word.

2. In addition, you're going to make a "bell curve" with your speech. That is: You'll start your voice very quietly…slowly get louder…and then gradually get quiet again.

   If you could see it, it would look like this.



3. As you produce words in this way, ***pay close attention to the physical feeling as you stretch your speech.***

Listen to the following models and then try using *Slow Stretched Speech* on these words:

mmm**may**	lll**loud**
www**was**	nnn**nice**
thhh**at**	jjj**job**
yyy**year**	rrr**rug**
zzz**zoom**	vvv**vase**

NOTES: