

## Weekly Practice Log

Child's Name: \_\_\_\_\_ Practice Log Start Date: \_\_\_\_\_

Practice between sessions will greatly increase your child's success in speech therapy. It is better to practice several times each a day, than to practice a long time once a day. A practice session can be as short as 30 seconds.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
<b># of times</b>								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
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### Formal Practice Sessions using Tokens:

- Tokens: pennies, poker chips, pieces out of a game, raisins, etc.
- Containers: a plastic bottle, a cup, or a box with a hole or slit in the lid.
- Method: Hold the token up to the side of your face so that the child watches your mouth. Ask the child to imitate the sound, word or sentence. If the child makes a good attempt, say "Good talking" and put the token in the container.
- Tokens can be collected, or traded in for little prizes.

### Informal Practice Sessions:

- Practice can be done informally throughout the day during everyday activities, such as:
- during breakfast, lunch, or dinner
- while giving your child a bath
- while riding in the car
- while doing daily chores
- while playing games (For example, everyone says five words before moving the game piece.)
- while the child is doing homework (reading out loud)

**If your child won't work with you**, ask someone else, such as a grandparent; an older brother or sister; a babysitter; a daycare teacher or aide; a neighbor; or a friend.

### Prizes:

- Occasionally, give prizes for practice sessions (sticker, candy, gum, cookie, etc.)
- Consider offering a reward for good practice over the week. Placing a picture of the reward on the refrigerator can motivate the child during the week.