

Improving Awareness of Sound and Word Stuttering Triggers

10	Order in a restaurant using light contact and speech breathing for one sentence
9	Record three-minute video presentation in front of one person and analyze use of light contact and vowel prolongation
8	Use phrasing and speech breathing to tell a three-part sequential task
7	Role play placing food order using light lip contact and speech breathing (I'd like an apple. May I have more water?)
6	Use light lip and tongue contact with easy onset to play Go Fish game using carrier phrase, "Do you have ___?"
5	Use light contact and easy vocal onset to produce one to three word phrases used on a daily basis (How are you? I'm fine.)
4	Practice using light contact and easy onset to name animal pictures for my three-year-old brother
3	Use light contact and easy onset to produce common three syllable words (banana, hamburger, broccoli)
2	Use light tongue tip contact to produce single syllable words beginning with T and D.
1	Lightly articulate single syllable lip sounds /p/, /b/, /m/, and /w/ while watching my motor movements in a mirror