

WHY THOSE 10 MINUTES MATTER

Why Speech & Language Practice at Home Matters

10 Minutes Together | Parent guide - Part 1 of 2



Home practice helps children use what they are learning beyond the therapy room.

Follow your child's SLP for goals, cues, and an appropriate practice schedule.

1 Repetition supports learning

Repeated opportunities help children strengthen new sounds, words, and language skills.

2 Practice supports carryover

Practice helps children use skills in play, school, and everyday conversations.

3 Little wins become visible

Notice attempts and small improvements.
Tell your child's SLP what you see.

4 Confidence may grow

Celebrating effort can help children feel more comfortable trying new skills.

5 Connection matters, too

Focused time together creates moments for encouragement, laughter, and play.

6 Consistency builds routines

Brief practice throughout the week helps keep communication goals in focus.

WE MAKE TIME FOR SPORTS. CAN WE MAKE TIME FOR SPEECH?

SUPPORTING SPORTS

203 minutes

of parent involvement on an average sports day, including travel and games

Based on a national youth sports parent survey (Aspen Institute, 2025)

SUPPORTING SPEECH & LANGUAGE

5-10 minutes

of home practice is a commonly discussed approach

Based on separate speech therapy studies and clinician recommendations

These are separate studies, not a direct comparison of the same families.

IT IS HOME PRACTICE, NOT ANOTHER SCHOOL ASSIGNMENT

Keep practice brief, positive, and playful. Try stories, games, meals, or routines your child enjoys.
Use the targets and feedback your SLP recommends.

THE RESEARCH BEHIND THIS GUIDE

Aspen Institute Project Play (2025): 203 minutes of sports-related parent involvement per sports day.
Sugden et al. (2018): SLPs reported recommending about 10 minutes, five days weekly for speech sounds.
Doherty et al. (2025): Parents and therapists discussed brief, enjoyable home practice.

READ MORE · CLICK A RESEARCH SOURCE

[Aspen Institute Project Play \(2025\) · Sports parent survey](#)
[Sugden et al. \(2018\) · Speech sound home practice](#)
[Doherty et al. \(2025\) · Parent and therapist perspectives](#)

10 MINUTES TOGETHER

A parent's guide to speech & language home practice

Small moments. Meaningful practice. Celebrate progress.



1 START WITH YOUR CHILD'S GOAL

My child is working on:

Our speech therapist recommends:

Helpful cues / examples:

2 TRY THIS FLEXIBLE 10-MINUTE ROUTINE

2 MIN	CONNECT	Start with an easy success, then choose a game or activity your child enjoys.
5 MIN	PRACTICE	Use the exercises, sounds, words, or language tasks your SLP recommends.
3 MIN	PLAY + CELEBRATE	Notice effort: "You kept trying!" End on a positive note: "I loved practicing with you!"

3 MAKE IT PART OF REAL LIFE

Story time: Name pictures, answer questions, or practice selected sounds.

Playtime: Describe, request, take turns, or follow directions.

Daily routines: Practice during getting ready, meals, or play.

4 TRACK THE LITTLE WINS

Write down progress, effort, or something that made your child smile.

Share these wins with your child's speech therapist at your next visit.

A NOTE TO PARENTS

Progress, not perfection. Keep practice encouraging and follow your SLP's guidance.

Pause if your child is frustrated. Those minutes together matter, too.

