

Light Contact



People naturally tighten the flow of air when they make certain consonant sounds. When b, p, d, t, g, k, f, voiceless th, s, sh, h, and ch are produced, either the airflow is

completely stopped or it's squeezed through a tight space. These consonants are supposed to be made with some tension.

Unfortunately, for people who stutter, this tension can lead to stuttering. That's why it helps to use *Light Contact* when saying these sounds.

When you make a *Light Contact*, you touch your speech articulators together very gently. Then you move into the next sound with a *Smooth Movement* and *Easy Voice*. This reduces the articulatory pressure that's a natural part of these consonants.

Practicing *Light Contact* helps you to learn to tap these sounds in a very gentle and relaxed way. When you do so, you're much less likely to get stuck on them.

NOTES:

How to make a Light Contact:

1. Take a few *Relaxed Breaths* without making any sound.
2. Then slowly and gently make the *movement* necessary to produce each consonant listed below *without making any sound*.

Figure out what the movement is and see how lightly you can touch your lips, tongue, and/or teeth together.

b	f
p	th (voiceless)
d	s
t	sh
g	h
k	ch

3. Practice these silent movements a few times for each sound. Notice that the movements for b & p are the same. This is also true of d & t and g & k.
4. Now, at the top of your *Relaxed Breath*, gently tap each of the consonants above *with a quiet sound*.

Notice that p, t, k, f, voiceless th, s, sh, h, and ch are all made without voice. The sound comes from the *Light Contact* of your articulators, not your vocal cords. The consonants b, d, and g are voiced, so the sound comes from the *Light Contact* and a moment of gentle voicing.

NOTES:

Light Contact Chart

Listen to the following models and then check off a box each time you make a *Light Contact*.

Remember: Touch your articulators together very lightly and make a slow, *Smooth Movement* as you move into an *Easy Voice* on the vowel that follows. ***Pay attention to how it feels as you tap the sound and move into the vowel.*** Use the bell curve as you have before.

baaaaah	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
pEEEEe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
dAAAAy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
tlllle	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
gOOOOh	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
kooOOo	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
faaaaa	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
siiiiih	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
sheeeee	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
huuuUuh	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
thooOow	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
chooOoy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Light Contact Words

1. **biiike** (bike)
2. **booook** (book)
3. **baaaack** (back)
4. **baaaang** (bang)
5. **buuuut** (but)

1. **piiiick** (pick)
2. **paaaark** (park)
3. **peeeen** (pen)
4. **puuuut** (put)
5. **paaaass** (pass)

1. **dooOon't** (don't)
2. **dooOown** (down)
3. **dooOog** (dog)
4. **diiiirt** (dirt)
5. **daaaance** (dance)

1. **taaaalk** (talk)
2. **tiiiime** (time)
3. **taaaake** (take)
4. **teeeach** (teach)
5. **taaaap** (tap)

1. **geeeet** (get)
2. **giiiirl** (girl)
3. **gooood** (good)
4. **gooOot** (got)
5. **giiiive** (give)

1. **kiiiick** (kick)
2. **caaaat** (cat)
3. **caaaall** (call)
4. **cooook** (cook)
5. **keeep** (keep)

Light Contact Words (cont.)

1. faaa**ace** (face)
2. fiii**ill** (fill)
3. faaa**ast** (fast)
4. fiii**ind** (find)
5. foo**ood** (food)

1. thiii**in** (thin)
2. thaaa**anks** (thanks)
3. thiii**ick** (thick)
4. thoo**orn** (thorn)
5. thiii**ink** (think)

1. see**eee** (see)
2. saaa**at** (sat)
3. sii**ing** (sing)
4. saaa**ave** (save)
5. sii**it** (sit)

1. shoo**oop** (shop)
2. shaaa**ake** (shake)
3. shoo**oe** (shoe)
4. shiii**ip** (ship)
5. she**eee** (she)

1. haaa**ave** (have)
2. hiii**is** (his)
3. haaa**and** (hand)
4. heee**ead** (head)
5. hiii**igh** (high)

1. chaaa**at** (chat)
2. cheee**eck** (check)
3. cheee**eap** (cheap)
4. chiii**ild** (child)
5. choo**oop** (chop)

Write down and practice additional one syllable words that begin with *Light Contact* consonants. Remember that these consonants include: b, p, d, t, g, k, f, voiceless th, s, sh, h, and ch.
