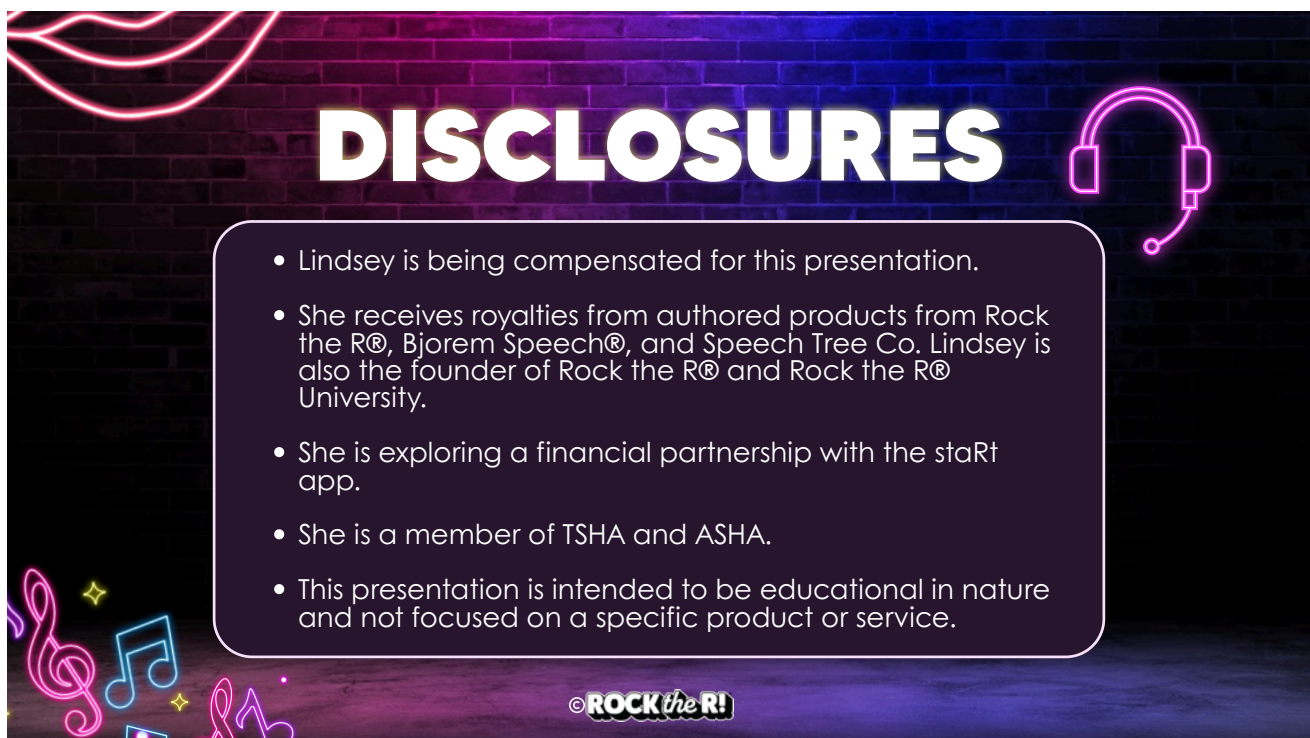




ABOUT LINDSEY



- wife & mom
- Fort Worth, Texas
- 10+ years private practice setting
- R-only private practice (mostly teletherapy)
- founder of Rock the R®
- trainings and materials to help SLPs and families crush the R sound



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GAME PLAN



VOCALIC R MAP



ISOLATING ER



COARTICULATION



VOCALIC + CONSONANT & CR



OTHER STRATEGIES



COMMON CHALLENGES

© ROCK the R!

Vocalic R Map



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6 VOCALICS



ER



AR



EAR



AIR



IRE



OR

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3 POSITIONS OF VOCALICS



final



+vowel



+consonant

aka medial
aka intervocalic
aka prevocalic of second syllable

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ALL VOCALIC CONTEXTS TO TARGET

ER

final +vowel +cons



AR

final +vowel +cons



EAR

final +vowel +cons



AIR

final +vowel +cons



IRE

final +vowel +cons



WERE HIRING



OR

final +vowel +cons



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INDEPDPENT R INVENTORY

IPA KEY		CODING KEY		R BLENDS (3b)				
/ɹ/ = English R		✓ = correct		pretzel		✓	d	s o
/ə/ = "ER" unstressed		d = distortion		broccoli		✓	d	s o
/ɜ/ = "ER" stressed		s = substitution		trash		✓	d	s o
/r/ = alveolar trill		o = omission		drink		✓	d	s o
/R/ = uvular trill				crab		✓	d	s o
/ʀ/ = uvular fricative				green		✓	d	s o
PREVOCALIC R (3a)				fries		✓	d	s o
red		✓	d s o	street		✓	d	s o
rat		✓	d s o					
ring		✓	d s o					

VOCALIC R (3c-3e)									
FINAL VOCALIC R (3c)					POSTVOCALIC R + CONSONANT (3d)				
car		✓	d	s o	shark		✓	d	s o
pear		✓	d	s o	stairs		✓	d	s o
ear		✓	d	s o	beard		✓	d	s o
fire		✓	d	s o	tired		✓	d	s o
door		✓	d	s o	fork		✓	d	s o
stir		✓	d	s o	shirt		✓	d	s o
INTERVOCALIC R (3e)									
arrive		✓	d	s o	siren		✓	d	s o
cherry		✓	d	s o	giraffe		✓	d	s o
earrings		✓	d	s o	stirring		✓	d	s o

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The R Assessment
www.rocktherspeech.com

INDEPENDENT R INVENTORY

CHALLENGE R WORDS (3f)									
library		✓	d	s	o	world		✓	d s o
forty-four		✓	d	s	o	girl		✓	d s o
ruler		✓	d	s	o	squirrel		✓	d s o

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RESEARCH GAP

- Acoustic research suggests that postvocalic and syllabic /ɹ/ begins developing before prevocalic /ɹ/ in young children. (McGowan et al., 2004)
- Many children can produce some **vocalic /ɹ/ contexts before prevocalic /ɹ/** in clinical practice, a pattern consistent across the treatment literature. (Preston et al., 2020; Hitchcock et al., 2023)
- Rhotic vowels do not reach 90% accuracy until after age 8 in children with speech sound disorders, suggesting that while some vocalic forms may emerge early, full mastery of all vocalic contexts can take longer than consonantal /ɹ/. (Shriberg et al., 1994)
 - *this is in children with speech sound disorders, not typical development*
- the following slides are based largely on my own clinical experience

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ISOLATING ER



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ISOLATING "ER"



any R word



freeze



voice on

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ISOLATING "ER"

a r  →
ER ER
r  u f f →
k a r  a →
t r  e x →
g r  e e n →



Elicitation should
target THAT
STUDENT'S best R
approximation.

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ISOLATING "ER"

EE



step 1

ER



step 2





"ER"

4. Now practice starting in your bunched position (step 3) to say "ER" by itself:



ER

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Teaching R
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GETTING ALL VOCALICS

AR	AH + 
ER	
EAR	E + 
AIR	A + 
IRE	I + 
OR	O + 

AR	AH → 
ER	
EAR	E → 
AIR	A → 
IRE	I → 
OR	O → 

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GETTING ALL VOCALICS

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ER



AR



EAR



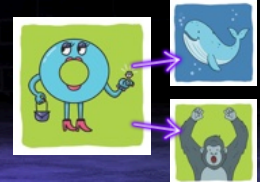
AIR



IRE



OR



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COARTICULATION
(& COGNITIVE REFRAMING)



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COARTICULATION FOR FINAL AND MEDIAL VOCALIC R

final R



initial R



medial R

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TARGETING FINAL VOCALIC R



final R

brr



initial R

ray



medial R

beret



medial R

beret



final R

brr



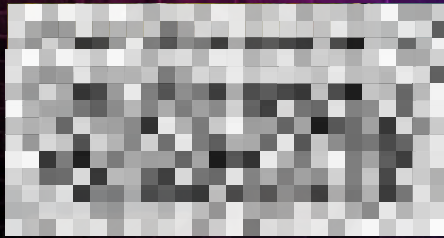
initial R

ray

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R Coarticulation
www.bjoremspeech.com

TARGETING PREVOCALIC R



final R

here



initial R

row



medial R

hero



medial R

hero



final R

here



initial R

row

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VOCALICR + CONSONANT
(& COGNITIVE REFRAMING)



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VOCALIC R + CONSONANT

ROOT WORD PRACTICE

EAR

Mark the word as you practice. You must say it correctly to get credit.
Watch the video demonstration of [silly/synonyms](#)

64

ROOT WORD + SOUND

EAR + D (EARED)

Watch the video demonstration of [silly/synonyms](#)

Step One: Practice the root word 10 times.

Step Two: When the sound on the right is added to the root word, a new word is created. Practice saying the root word plus the sound on the right 10 times.

□ □ □ □ □ □ □ □ □ □

Step Three: Practice the new word 30 times.
(Refer to step two as often as needed to practice correctly.)

65

NEW WORDS PRACTICE

EAR + D, Z

Watch the demonstration of [silly/synonyms](#)

Step One: Practice your root word 10 times.

Step Two: Use the web to practice the root words plus one sound to create a new word. Check the boxes as you practice the new words ten times each.

66

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Vocalic R Builder
www.rocktherspeech.com

VOCALIC R + CONSONANT

SpeechTherapy, Media, ...

Watch the demonstration of [silly/synonyms](#)

Step One: Practice your root word 10 times.

Step Two: Use the web to practice the root words plus one sound to create a new word. Check the boxes as you practice the new words ten times each.

CREATE NEW WORDS

BAR + CONSONANT

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OTHER STRATEGIES



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BOOMARANG

memorize the feel and sound of the R
use a strength as an “anchor” (like initial prevocalic)
return to the SAME SPOT to achieve final vocalic R



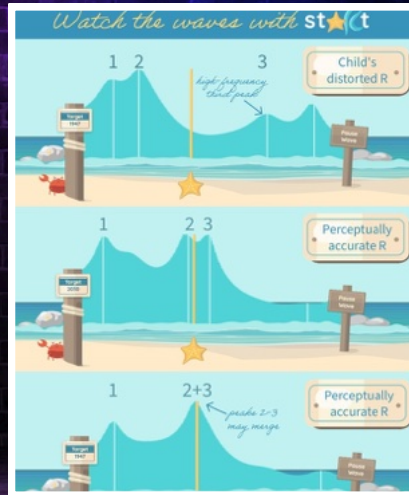
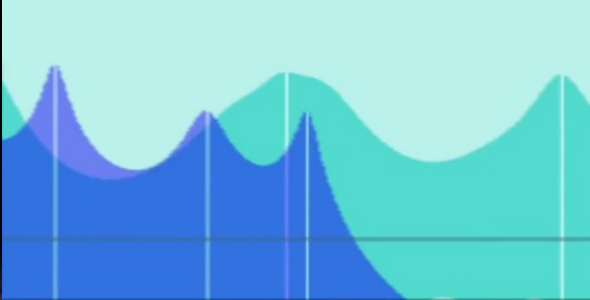
★ R A R

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BIOFEEDBACK



<https://bitslabstart.com/>



**YouTube
Tutorials**



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(Hitchcock et al, 2023; McAllister, 2021)

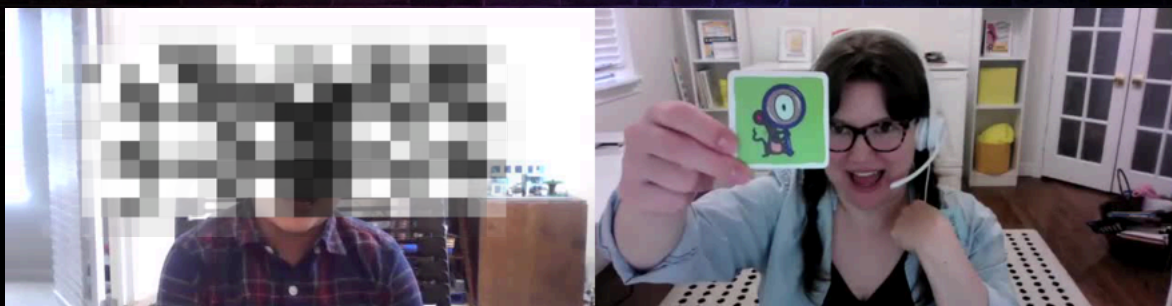
COMMON CHALLENGES



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OR

- often times they need to drop the jaw a bit for the O
- make sure to keep their tongue flat during O and not start the R too soon
- OH is facilitative because it gets tongue root retraction, just get those sides up for R



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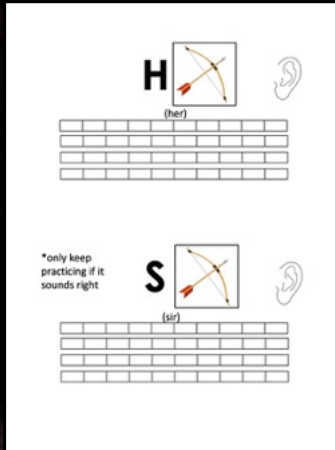
AR

- often times they need to drop the jaw a bit for the AH
- make sure to keep their tongue flat during AH and not start the R too soon
- AH is facilitative because it gets tongue root retraction, just get those sides up for R



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ER



- there is essentially no vowel to give time for transition to R
- focus on moving QUICKLY
- for words that start with ER, can get set before starting (ex: Earth)
- for words that transition from consonant to ER- try starting with velars (grr) or affricates (sure, fur) to allow stretching out first consonant in lieu of having time to think about R during vowel



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W&R WORDS

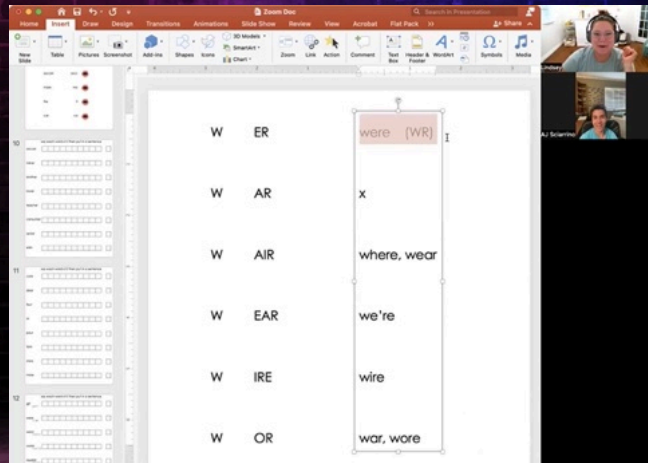
- any word with W and R tends to be difficult but these are essentially minimal pairs

AR	AH + 
ER	
EAR	E + 
AIR	A + 
IRE	I + 
OR	O + 

were
we're
wear/where
wire
wore/war

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W&R WORDS

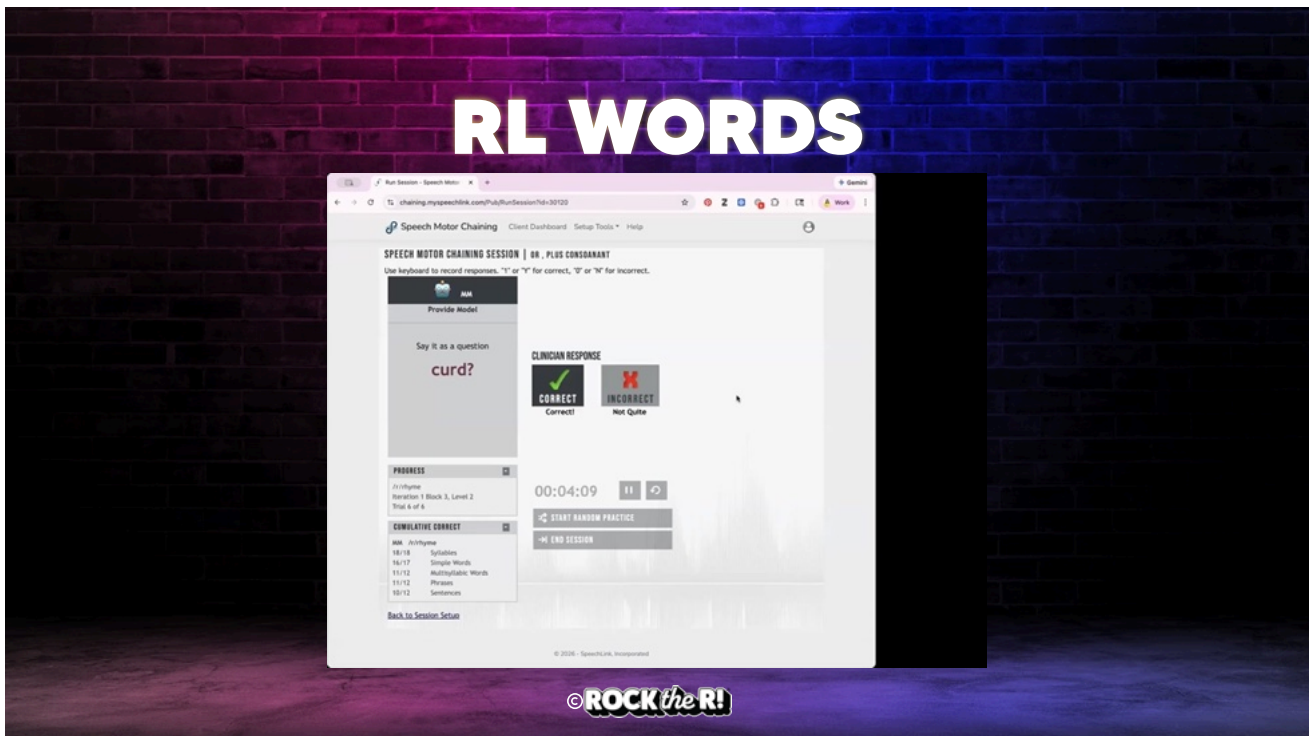
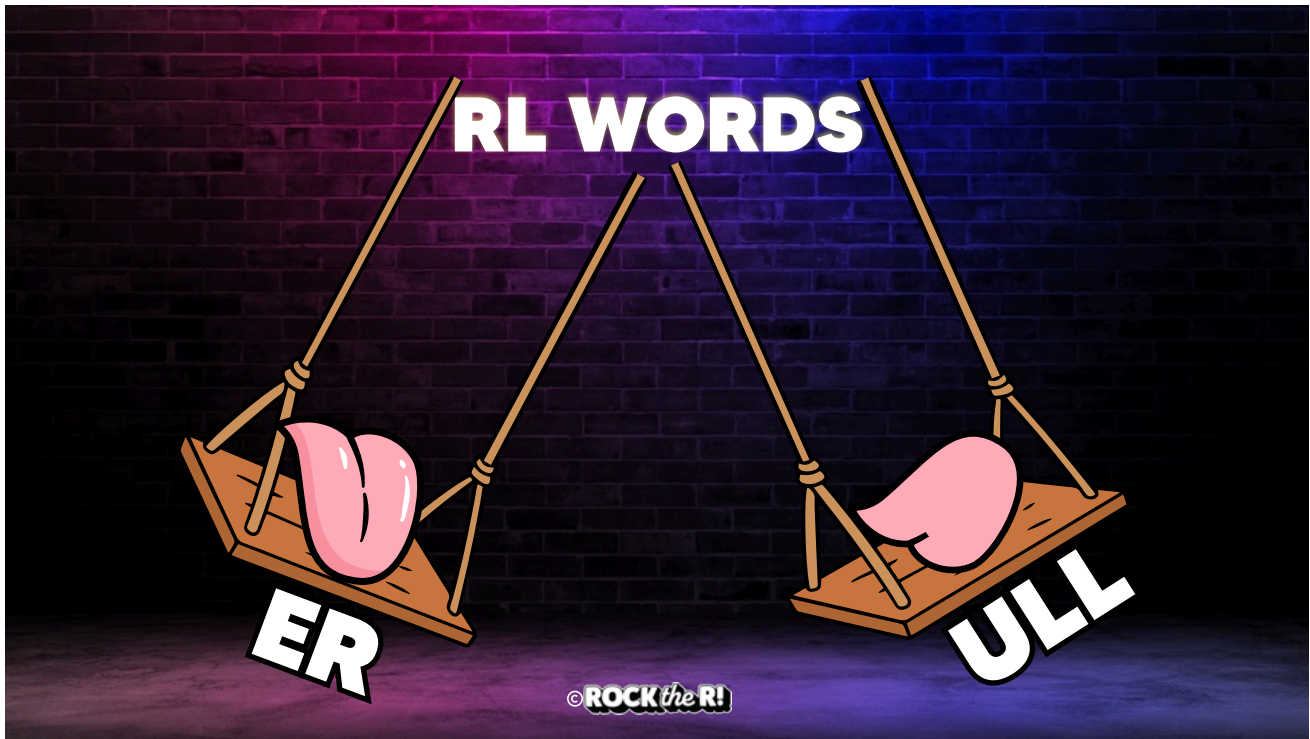


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W&R WORDS



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SQUIRREL



squirrel

s-k-w-er-l

skwer-l

skwu erl

s-k-er-l

s-k-a-w-er-l



squirrel

erl

werl

kwerl

skwerl

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RECURRING R WORDS

hamburger

rollercoaster

Tyrannosaurus rex

aurora borealis

refrigerator

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HARDEST OF THE HARD

dinosaurs
pokemon
other

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OTHER CHALLENGING TARGETS

- counting
- sneaky little words with R (for, there, are, etc)

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THANK =YOU!=

Any Questions?

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