



How to use pacing boards in speech therapy

What is a pacing board and why is it important?

When children speak particularly quickly, this can make their speech quite difficult to understand.

Pacing boards can be very effective in supporting your child to slow down their rate of speech and as a result, hopefully increase our ability to understand them.

Breaking words down into syllables (pointing to one picture as we say each syllable) can also help children to see how words are broken down into different parts. This can be beneficial for the development of their phonological awareness skills.

A pacing board has been attached to this leaflet.

How do we use the pacing board?

How to use a pacing board within a **board game**:

For 5 minutes a day:

- Allow your child to choose a board game.
- Each time you speak; make sure that you point to the pacing board.
- As you produce each syllable (beat), make sure that you point to a picture e.g. you could point to one snail if you said "I'm" as this word has one beat and you would point to two snails if you said "going" as that word has two beats.
- Make sure you move from the left to the right of the board repetitively as you go through your sentences.
- E.g. if you say, "I'm going to go first", you would point to the pacing board six times. Like this:

"I'm

go.....ing

to

go



first" (back to the start of the pacing board again)

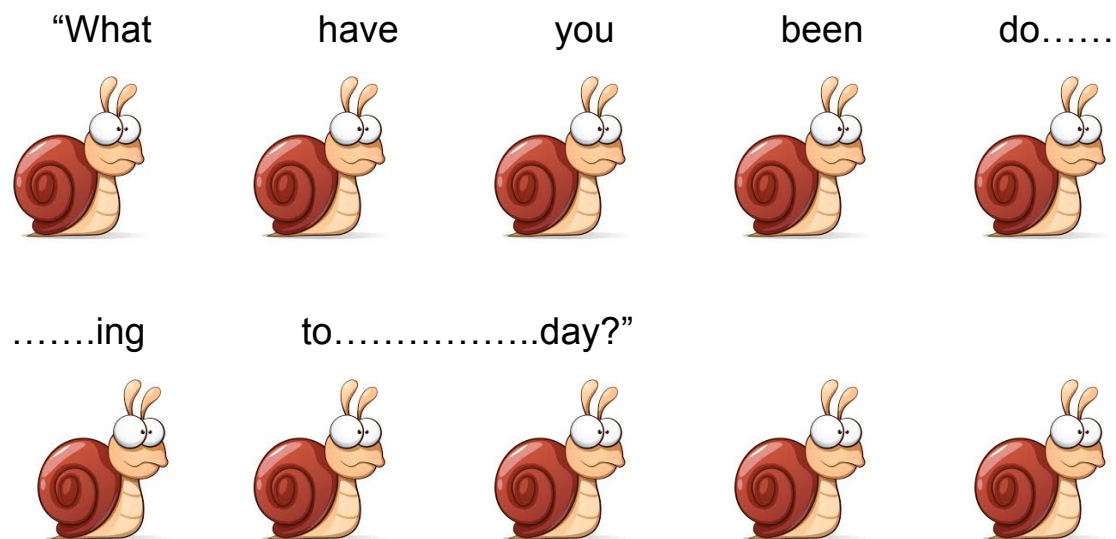


Please bear in mind that you will need to model this lots first. It can take a while for children to get used to it so don't worry if they aren't confident with using this straight away.

How to use a pacing board within **conversation**:

For 5 minutes a day:

- Allow your child to choose a board game.
- Each time you speak; make sure that you point to the pacing board.
- As you produce each syllable (beat), make sure that you point to a picture e.g. you could point to one snail if you said "What" as this word has one beat and you would point to two snails if you said "doing" as that word has two beats.
- Make sure you move from the left to the right of the board repetitively as you go through the sentence.
- E.g. if you say, "What have you been doing today?" you would point to the pacing board eight times. Like this:



Please bear in mind that you will need to model this lots first. It can take a while for children to get used to it so don't worry if they aren't confident with using this straight away.

Please do not hesitate to contact the department if you require any further information.