



## Cycles Therapy

Cycles is a type of speech sound therapy which is used for children whose speech is difficult to understand. This may be because your child is doing some or all of the following patterns in their speech:

- Leaving out sounds at the beginning or end of words e.g. your child might say “nake” and “bu” instead of snake and bus.
- Replacing sounds with other sounds e.g. your child might say “tat” instead of cat.
- Not using many different sounds e.g. your child might use the ‘d’ sound for all sounds.

Rather than focusing on one or two individual speech sounds, Cycles targets patterns of sounds like the ones described above. The Speech & Language Therapist will assess your child and work out the list of patterns your child currently uses in their speech.

Each pattern in your child’s speech will be worked on in turn - this is known as one cycle e.g. you might target all the end sounds in words for 6 weeks and then switch to targeting beginning sounds in words for another 4 weeks. Your child’s cycle will depend on the number of speech patterns that need to be targeted in their speech. You might need to cycle round the patterns several times but each cycle of therapy will get shorter as the therapy progresses. The aim is to replace the patterns with more accurate speech sounds so your child’s speech becomes clearer.

For Cycles therapy to work as well as possible, each speech sound will need to be targeted for **60 minutes per week**. Practice is usually a 10 minute short session each day with fun, easy games to play. This may include one session with the Speech and Language Therapist or Speech and Language Therapy Assistant.

*If your child does not fully achieve the sound within the week it does not matter.  
It is just as important for your child to hear the new sound lots  
and you can always come back to it on the next cycle.*