

***How to Use the “LifteR” to Obtain an “R” /ɜ/ Sound.***

1. Show student the LifteR and explain that you will put the LifteR in his/her mouth to lift the back of the tongue to the correct place to make the “er” sound.
2. Instruct student to open mouth and put tongue tip up behind front teeth.
3. Place cradle of LifteR under tongue as far back as possible, while holding the handle of the LifteR.
4. Instruct student to close teeth loosely around stem of LifteR with lips slightly open.
5. Instruct student to say “er” for as long as he/she can.
6. Move handle of LifteR down, raising posterior tongue from underneath and push tongue further back if necessary.
7. Adjust placement of tongue slightly until student’s vocalization becomes a correct sounding “er”.
8. Tell student that this is where his/her tongue needs to be to make a good “er” sound.
9. Remove the LifteR
10. Instruct student to put tongue in the “er” place and say “er” without assistance.

*Repeat steps 1 -10 until student is able to produce the correct “er” sound without assistance for 10 consecutive “er” sounds.*

