

# What is Cycles for Phonology?

## a PARENT FRIENDLY EXPLANATION OF CYCLES

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### Background Information

Your child has just been diagnosed with a phonological delay. What does that mean? Simplified, it means the entire sound system has many errors that cause your child to be difficult to understand.

Many children use **phonological processes** as a way to simplify adult speech as they are learning to speak. However, some children retain these processes much longer than they should.

Here is a list of common phonological processes:

**Syllable reduction:** Child tries to say 'baby', but says 'ba' instead.

**Fronting:** Child tries to say 'cat', but says 'tat' or 'go', but says 'do'. Affects /k/ and /g/ sounds.

**Final consonant deletion:** Child tries to say 'map', but says 'ma'.

**Cluster reduction:** Child tries to say 'spoon', but says 'poon' or 'plane', but says 'pane'. Cluster reduction is common wherever any two consonant sounds are together. This includes s-clusters, r-clusters, and l-clusters. Clusters are also called Blends.

**Gliding:** Child tries to say 'rabbit', but says 'wabbit' or 'lake', but says 'wake'. This process occurs with /l/ and /r/.

**Stridency Deletion:** Strident sounds are the noisy sounds in our speech. The child tries to say a word with /s, z, ch, sh, dz, f, v/, but says a /t/ or /d/ or deletes the strident sound altogether. Without strident sounds, our speech is telegraphic in nature with lots of /t, d, p, m, n/ sounds. This is a very common process with children with phonological delays.

**Initial consonant deletion:** Child tries to say 'top', but says 'op'. This is an atypical process that requires immediate intervention. This process is not common, but does occur.

## CYCLES

Given the number of errors your child has, it will take time to remediate all of them, so please be patient.

The approach your therapist is going to use is called Cycles. In this approach, **your child will work on ALL sounds in error over the next few months instead of one sound at a time.**

Why is this important? The research has shown that by targeting the above processes, your child will be more understandable in a shorter amount of time. In addition, your child will only target sounds at the word level (not in phrases and sentences), but you will see carryover to conversation because your SLP will target the specific patterns above.

### How Does It Work?

Your child will target a sound in 5 or 6 target words for 60 minutes and then move onto another sound in error. You will be given the same 5 or 6 target cards to work on at home. Exposure to each sound will be brief, but the research shows brief weekly exposure to be enough to change the productions. Your help at home is critical to your child's success. Home practice can decrease therapy time by half or more!

**SAMPLE**  
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## Here is an example of what a Cycle would look like

NOTE: This is an example only. This is not based on your child and your child may not need all of these sounds or may need more/different sounds.

### **CYCLE 1:**

- Session #1: Final /t/ and Final /n/--3 words with final /t/, 3 words with final /n/
- Session #2: Final /t/ and Final /n/--3 words with final /t/, 3 words with final /n/
- Session #3: Final /p/ and Final /m/--3 words with final /p/, 3 words with final /m/
- Session #4: Final /p/ and Final /m/--3 words with final /p/, 3 words with final /m/
- Session #5: Initial /j/--5 words with initial /j/ ('y' sound as in "you")
- Session #6: Initial /j/--5 words with initial /j/
- Session #7: Final /f/--5 words with Final /f/
- Session #8: Final /f/--5 words with Final /f/
- Session #9: Initial /f/--5 words with Initial /f/
- Session #10: Initial /f/--5 words with Initial /f/
- Session #11: Final /k/--5 words with Final /k/
- Session #12: Final /k/--5 words with Final /k/
- Session #13: Initial /k/ and /g/--3 words with initial /k/ and 3 words with initial /g/
- Session #14: Initial /k/ and /g/--3 words with initial /k/ and 3 words with initial /g/
- Session #15: Initial /sp/--5 words with initial /sp/
- Session #16: Initial /sp/--5 words with initial /sp/
- Session #17: Initial /st/--5 words with initial /st/
- Session #18: Initial /st/--5 words with initial /st/
- Session #19: Initial /sm/--5 words with initial /sm/
- Session #20: Initial /sm/--5 words with initial /sm/
- Session #21: Initial /sn/--5 words with initial /sn/
- Session #22: Initial /sn/--5 words with initial /sn/
- Session #23: Initial /l/--5 words with initial /l/
- Session #24: Initial /l/--5 words with initial /l/
- Session #25: Initial /r/--5 words with initial /r/
- Session #26: Initial /r/--5 words with initial /r/

**After these sessions are completed, the entire Cycle will be repeated and will be called Cycle 2.**

**The therapist will remove any sounds that are beginning to emerge in conversation and add in any sounds the child was unable to say during Cycle 1.**