R Made Simple
An Innovative Methodology for ‘R’ Remediation with Application to Literacy and Language

SPEAKER
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About The Speaker

Nancy L. Geruntino, MA, SLP, received both of her degrees from The Ohio State University. She presented her Masters Thesis regarding incidence of speech and hearing disorders in public schools in the State of Ohio at the OSHA convention in Dayton, Ohio. Additionally, she received an award for creating a Speech Improvement Program for kindergarten students for her school district as well as other district awards.
In 2002 Nancy developed "Up, Down, & Slide — Innovative methodology for ‘R’ articulation with application to literacy and language development" and for the past 17 years has been implementing this program with great success. She has had experience as an SLP in the public school, clinical, and private practice settings.

Nancy’s public school SLP experiences have ranged from being in special needs pre-school, head start, and elementary education all the way up through middle school and high school. Nancy has provided in-services for teachers, administrators and SLPs. Nancy has multiple recent years of in-classroom experience and has taught her program to parents and other SLPs. For the past 5 years Nancy has presented her “R Made Simple” program at NSS sponsored seminars and many SLP state conventions throughout the United States. Outside of her speech career, she has written fourteen children’s books to increase literacy and language skills.
**R Made Simple**

An innovative Methodology for

'f' Remediation with Application to Literacy and Language

Nancy Gerutino, SLP, MA

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What is 'R Made Simple?'

- It is as Simple as 1,2,3:
  - 1. Identify the sound that comes before the 'r.' (Up, Down or Slide)
  - 2. Plan the movement between the 2 sounds
  - 3. Execute the productions

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- Divided the alphabet into three separate categories: Up, Down & Slides.
- Today you will learn this alphabet in order to use the program
• **Up Sounds:**
  - b, c, f, g, h, k, m, p, q, r, v, w,
• **Down Sounds:**
  - a, e, i, o, u, x, y
• **Slide Sounds:**
  - d, j, l, n, s, t, z, th, sh, ch

The Up, Down and Slide method can be applied to any lesson or any therapy activity.

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**Complete Alphabet Reference:**

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Th Sh Ch

Up Sounds:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Th Sh Ch

Down Sounds:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Th Sh Ch

Slide Sounds:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Th Sh Ch

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**Common Muscle Difficulties:**

• Some students are able to produce ‘r’ in isolation but are unable to produce ‘r’ in syllables and words.

• Other students have difficulty with co-articulation - the movements between sounds.
• Other students have difficulty achieving **elevation** of the tongue even in isolation
• These students need support identifying the **muscle movements** necessary to produce ‘r’ in addition to **strengthening** the muscles that support correct production of ‘r’.
• Both can strengthen muscles and become more aware of their tongue placement
  – “Thumb exercise”

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**Muscles**

• **Three Muscles**

  • Genioglossus
  • Styloglossus
  • Hyoglossus

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**“Thumb” Instructions**

Use thumb exercises even if the student can say ‘y’ in isolation.
Thumb exercises are used to support the upward movement of ‘y’.

Instructions:
1. Place thumb under the chin bone
2. Swallow, then slide the thumb toward the movement of the swallow
3. Place thumb on the soft tissue where the swallowing occurs.
4. Push upward on the soft tissue – assists in strengthening the muscles in order to lift the posterior part of the tongue.
5. Instruct the student to say ‘Rita’—first word taught “Early”
6. Discrimination—Instruct the student to say the ‘R’ without pushing, then while still articulating the sound ‘Y’ push with the thumb. They student will discriminate between the two productions.
The “Thumb” Exercises

- Practice on a Partner – Don’t tilt your head and always ask for permission.
- Ways to assist in production:
  - Spray H2O
  - Listen for a match
  - Use PVC Pipe
- Practice sheets in the manual for drill R>la & Early

How the Program Works:

- Students identify the sound that comes before the ‘r’ regardless of the spelling.
- Sounds are grouped into three categories called: UPS, DOWNS, and SLIDES.
- Groups are categorized based on the location of the tongue for production of the sound.

Up Sounds
(Color Coded Pink)

- Sounds classified as UP sounds allow placement of the tongue in a cupped and retracted position so that the sides of the tongue touch the upper molars and the tip of the tongue is elevated but not touching the roof of the mouth – No Movement Needed
UP's

• Because the tongue is not needed for production of these sounds the tongue can be placed in an 'r' ready position during the preceding UP sound.

• This simplifies motor planning for the student.

Ex. Frog- already in position for 'r' during the preceding Up 'f' sound

UP Placement

Up's

Examples
• Bird
• Burn
• Bright
• Beret
Rose

rose

Up Sounds

b, c, f, g, h, k, m, p, q, r, v, w,

There are twelve Up Sounds

Practice For Up’s

• Up Sounds

br, cr, fr, gr, r, kr, mr, pr, qr, r, vr, wr
Down Sounds
(Color Coded Blue)

• For the production of Down Sounds, the tongue moves from behind the bottom teeth to the correct placement for 'r' – One Movement
• The student recognizes that the vowel sound is heard before the 'r' and that the tongue is not in the correct position for the production of 'r'
• The student must articulate the vowel and then move to the correct placement for 'r'.

DOWN Placement

Downs

• This results in one simple movement for all diphthongs ('r' controlled vowels) that had previously been taught separately!
Vowels

- Vowels can be very tricky...
- Ex: Her - the vowel and the 'r' cannot be separated (This type of 'r' is often referred to as a stressed vocalic 'r'). Because the 'er' is one unit, the sound before the 'r' is 'h' therefore, this word would be in the Up category.

Downs

Examples

- Pate
- Pair
- Pear

Air

Air
Downs

* a, e, i, o, u, x, y

* There are seven Down sounds

Practice For Downs

ar, er, ir, or, ur, xr, yr

Slide Sounds

(Orange)

* For production of the Slide Sounds, the tongue tip is on the alveolar ridge or between the teeth then slides to the placement for the 'r' – One Movement

* When 'r' follows a Slide sound, the tongue must slide (retract) for the production of 'r'.

Desert

desert

Bathrobe

bathrobe

Dinner

dinner
Slides

• d, j, l, n, s, t, z, th, sh, ch,

• There are ten Slide sounds

• Use correct instructions when giving student directions for each category—see manual

Practice For Slides

dr, jr, lr, nr, sr, tr, zr, thr, shr, chr

Combinations

• A Combination word means that there are more than one ‘r’ sounds in the same word.
  • Ex. Parrot - Down, Up
  • Ex. Barnyard- Down, Down
  • Ex. Rooster- Up, Slide
Sound Analysis

• Spend time analyzing the sound before the 'r' rather than working on isolation or even syllable drill for the 'r' sound.
• Analyzing is a vital part of the program. As students analyze words, poems, and stories, you will see them moving their tongues into the correct positions.

Analyzing

• Analyzing words helps students to think about the movements (motor planning) and they automatically begin practicing the movements during the therapy sessions.

Treatment Steps

• Transition between sounds
• Analyze words and practice production at the word level- Up, Down, Slide or Combination
• Student word practice
• Practice with multi-syllable words
• Practice phrases, sentences, poems and stories
• Student develops carryover into conversation due to therapy planned relevant to student's life
Practice Session
Highlighting
Up - Pink
Down - Blue
Slide - Orange
Combinations - Use correct colors

Figure It Out
* Write Up, Down or Slide on the line next to the word
  Very ________
  Her ________
  Were ________
  Leader ________
  Where ________

Figure It Out
  Fire ________
  Bird ________
  Dirt ________
  First ________
  Air ________
Figure It Out
Shore _______
Worm _______
Bachelor _______
World _______
Born _______

Figure It Out
Nature _______
Burn _______
Turn _______
Fur _______
Your _______

Figure It Out
Blaire _______
Far _______
Collar _______
Tear _______
Fare _______
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