

**THE IMPORTANCE OF EFFECTIVE EXERCISES USED TO ELIMINATE  
DEFICIENCIES IN CHILDREN'S SPEECH****Musayeva Nargiza Saifullayevna**

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**Annotaion:** This article presents information about the importance of speech therapy in increasing a child's vocabulary and eliminating speech defects. The importance of the teacher and parents working together with the child in speech therapy is discussed.

**Key words:** pronunciation, language, speech, writing, articulation exercises, fine motor skills, breathing exercises, articulation gymnastics

**Аннотация:** В статье представлена информация о важности логопедии в увеличении словарного запаса ребенка и устранении дефектов речи. На логопедическом занятии рассматривалась важность совместной работы педагогов и родителей с ребенком.

**Ключевые слова:** pronunciation, language, speech, writing, articulation exercises, fine motor skills, breathing exercises, articulation gymnastics

**Annotatsiya:** Ushbu maqolada bola lug‘at boyligini oshirishda hamda nutqiy kamchiliklarni bartaraf qilishda logopedik mashg‘ulotlarning ahamiyati haqida ma’lumotlar keltirilgan. Logopedik mashg‘ulotda o‘qituvchi va ota-onaning bola bilan birgalikda ishlashdagi ahamiyati ko‘rib chiqildi.

**Kalit so‘zlar:** talaffuz, til, nutq, yozuv, artikulyatsion mashq, mayda qo‘l motorikasi, nafas mashqlari, artikulyatsion gimnastika

Depending on the demand of the present time, language is the main place in the upbringing of children and its development. Therefore, the upbringing of the younger generation with a high mental potential, affectionate and educational towards the native language is one of the urgent problems of the day. Our people do not in vain call attention to the language. We see that in

representatives of the modern younger generation, there are cases of fluency in words in a foreign language rather than in ordinary native ones, but some of them have some shortcomings in the pronunciation of words in their native language.

Especially in children of preschool and primary school age, the deviation of pronunciation from the norm, the inability to correctly pronounce letters, in addition, shortcomings in oral speech are also characterized by migrating to written speech, experiencing various shortcomings in writing, creating difficulties in the writing process in relation to their peers.

Speech communication is carried out through language. The mother tongue consists of a system of phonetic, lexical, grammatical means, which the speaker chooses to connect words together in the process of stating his opinion, grammatically connecting them and pronouncing them through speech articulation. When speech articulation is well developed, there are fewer cases of substitution of letters in pronunciation and less difficulty in linking words together.

The paucity of words in a child's dictionary, the inability to freely and adequately articulate an idea, and the inability to speak fully in accordance with their age, cause speech deficits in their native language to arise. The child learns the oral form of his native language in the process of development in the family, on the basis of imitation from those around him. But learning and shaping writing skills from his teacher during elementary school. In this way, the ability to connect what they are talking about and correctly pronounce sounds, the skills of writing are improved and developed.

The richness and variety of a child's vocabulary is due to the fact that he is less exposed to speech deficiencies. For the development of speech in children, speech-defectologists recommend various exercises. Including They are as follows:

1. Articulatory exercises
2. Fine hand motorics
3. Breathing exercises
4. Articulatory Gymnastics

When normalizing the speech apparatus, it is necessary to use general articulatory exercises to correctly direct the flow of air coming out of the lip, tongue, voice, flour wedges and lungs. This exercise is used to train the sounds in speech to put the sound correctly in a position caused by incorrect pronunciation.

It should be noted that articulatory organs – in the process of pronunciation, each vowel or consonant is formed, it is necessary that the words are well developed in the process of speaking

clearly and fluently. There is no clarity in sounds even if articulatory organs have flaws. Articulatory exercises are resorted to in these situations.

A particular sound in speech is selected from within the necessary articulation exercises to produce that sound when it is worked on the pronunciation norm:

- Exercises for the lip;
- Exercises for the tongue;
- Like exercises for voice syllables.

Types of exercises for the lip – show the exercises to the speech-speaking child. The child performs exercises in an imitation position.

Lips in a smiling position as much as possible;

In the position where the lips are collected as much as possible;

The rate of smiling and gathering of the lips is increased. Performing the exercise in the presence of a voice is pronounced together with the vowel “i-i-i-i” when smiling, “u-u-u-u-u-u” when the lips are gathered. The movement and speed of the lips increase. The duration of the exercise is 1-2 minutes.

In this case, the child develops such a skill as oral preparation, namely, elimination of certain pronunciation defects of oral speech in phonetic-phonematic and lexical-grammatical systems, as well as rapid movement in the presence of lips, that is, increased speed. The importance of the exercise is again such that the slow development of sounds in a child is to correct incorrect pronunciation in speech, teach not to confuse phonemic letters.

The type of exercise for the lip helps to correctly pronounce certain sounds in the child from the phonetic side. Changes the difficulties in the formation of sounds in the child, albeit slightly.

Since the lip is considered one of the speech analyzers, exercises for the lip are used to develop the ability to accurately and fluently pronounce vowels and consonants in a child. In some cases of sound mimicry, there are also cases of lip sounds-either replacing consonant sounds such as b-p, v-f, u-i, or dropping vowel sounds such as i-u, o-A, adding, While defects are eliminated when applied in order to avoid and correct these cases.

Exercises for the tongue: the exercises are performed 2-3 times at first, when the skill is formed, the speed of the exercise is increased and repeated up to 6-8 times.

- 1) removing the tongue between the lips and reintroducing it into the sharp mouth;
- 2) stretch the tongue out between the lips, down, towards the forearm and insert it back into the mouth;
- 3) lifting the tongue up towards the nose and inserting it back into the mouth;

- 4) move the tongue from the right corner of the lip to the left corner;
- 5) blowing exercise on the tip of the tongue, forming a ditch from the middle of the tongue, with the sides of the tongue raised with the lips drooping. In this, " S " and " Z " are performed to produce sounds.
- 6) pull the tongue down while stretching it towards the palate. It is imitated by the practice of "knocking on the horse".
- 7) the lips are slightly drooping, as if imitating a "duck beak", a stream of air coming out of the lungs vibrates the tongue and lips, that is, the sound "like a horseman trying to stop a horse", "du-u-u-u-u-u-u" is generated.

The importance of exercises for the language consists in the fact that being able to pronounce the sound clearly and fluently, strengthening the muscles of the mouth and speech apparatus, increases the clarity of the child's speech, is applied to gradually eliminate the shortcomings caused by the mispronunciation of sounds, promotes the easy assimilation of new words by correctly pronouncing

Exercises for voice spacers:

It is used to increase the vibration of sound bubbles, to correct the direction of air flow coming out of the lungs. This is done with vowel sounds in the type of exercise that is, by selecting the sounds that the child needs. For example,

- 1) stretching low tone pronunciation exercise:

a-a-a-a-a-a-a-a

i-i-i-i-i-i-i-i-i

e-e-e-e-e-e-e-e

a-A-A-A-A-A-A-A-A-a

- 2) the exercise of pronouncing two vowel sounds together:

Au-au-au-au-au-au

Ua-ua-ua-ua-ua-ua

Ia-ia-ia-ia-ia-ia

Ai-ai-ai-ai-ai-ai

Articulation exercises end with breathing and ejaculation exercises. When the articulation member in the child is more sedentary, it is necessary to focus on the same member, selectively applying the necessary exercises to generate sound.

The child often has cases of replacing sounds in the process of speaking words, that is, putting another sound in place of the sound that he cannot pronounce creates an incomprehensible concept, and this condition causes the child to not be able to understand the word he pronounces.

Small hand motorics perform finger exercises, have a positive effect on the development of active speech of the child. In the electro-physiological studies of scientists, the formation of a speech zone based on the impulse of the fingers is noted. I. V. Pavlov expresses the opinion that tactile intuition is of great importance in the development of speech.

The development of fine motor skills causes fluency in speech by developing skin-tactile sensations. That is, as a result of the arrival of a signal to the brain through hand movements, mental as well as speech skills develop. If children with various developmental disabilities engage in communication is corrected at the age of 2-3 years, causing negative consequences in the case of non-focus i.e. difficulties during pre-school and school periods.

We know that children are dominated mainly by play activities, therefore, when parents perform finger training together through action games, they learn to communicate with adults at the same time, the child develops communication with the parent, vocabulary increases, and feelings of affection are also formed.

Tactile intuition contributes to the movement of the speech center, giving additional energy and shaping. The more the brain develops, the faster speech and thinking also develop.

To do this, it is possible to teranize the child's thinking through the fingers in a position that indicates drawing riddles, poems, images through imitation of movement with children. Stroking toys of different animal shapes is also a cause of increased fantasy and skin-tactile sensitivity in the child. In the case of moving fingers, it helps to create concepts in them, such as the ability to move the right and left hand, and the naming of the fingers. Again counting through the fingers that is, we can improve our mental performance in performing calculations as well.

In addition, the movement of the fingers through various movements also increases mobility in them. In particular, let's take a look at the effect of finger training on speech growth:

Finger training is a set of exercises aimed at developing the delicate and precise movements of the fingers of the hand. These exercises help improve children's cognitive abilities, such as speech, thinking, memory and attention, by developing fine motor skills.

In training, the playful training allocated for the finger is 10-20 minutes. At this time, the child's attention should be focused on remembering information on the subject being passed. We know that during the preschool and primary school period, the child's attention will be scattered. Therefore, before performing the exercises, it is necessary for the child to concentrate and repeat our hand movements together, to get into the exercises.

By developing the memory, attention and intuition of the child, through the skin-tactile sensation, our mental activity is improved, increasing the possibilities of their language skills, and bringing acquired knowledge into practical form, that is, oral speech. Oral speech is a means of communication between humans and is influenced by the perfect delivery of thought to others. We can also start these exercises with simple poems.

In the type of exercise in the style of poetry, aimed at concentrating the child's attention and enriching his imagination, through the movement of the fingers, the image of a cat is embodied in front of the eyes, imagining the child as a result of which, in combination with the movement of the hand, a comprehensive movement of the child develops, That is, the child moves his fingers even with his own speech at the same time. As a result of giving a similar additional poem or story, the child's imaginary world can expand, and speech stability can also be achieved.

Breathing exercises-very important for speech activity, because proper breathing contributes to the clarity and fluency of speech. Breathing exercises help to develop the following basic aspects in speech activity:

1. Speech stabilization-through proper breathing, the rhythm and intonation of words improves, the naturalness of speech increases. This is especially important when speaking long and fluently.
2. Increasing voice strength and stability – breathing exercises help to make the voice loud, clear and stable, especially through the diaphragm breathing technique, which makes it easier to control the volume of the voice.
3. Improving articulation-proper breathing makes the function of the muscles of the tongue, lips and jaw effective, which is important for a more accurate pronunciation.
4. Air flow control-the correct distribution of air flow during speech allows you to say words with accuracy and fluency. This is especially relevant in expressive reading of poems or long speech.
5. Reducing Stress and tension – proper breathing techniques reduce nervousness during speech and stabilize the emotional state, which increases the effectiveness of speech.
6. Logopedic problem correction-breathing exercises are used in the process of logopedic therapy, for example, in the treatment of seizures or phonetic disorders.

Breathing exercises serve to increase the overall speech culture of children. Through proper breathing, the expressiveness of intonation, rhythm and speech improves, which develops children's communication skills. For example, musical games and staging exercises help regulate breathing. Some of the breathing exercises used to develop children's speech are:

1. "Blow the candle" - the child is asked to think that there is an imaginary candle in front of his eyes. It should blow slowly and continuously to extinguish the candle. It is recommended to repeat the exercise 4-5 times. The purpose of the exercise is to control and prolong breathing.
2. "We are flying a parakeet" - a piece of cotton or light paper is placed on a table and the child tries to blow it with his mouth and fly it as far as possible. The main goal that is sought from this is to increase the strength of breathing.
3. "The fish blows" - the child is asked to take a deep breath, pull the air into it with his nose, and then slowly inflate. The exercise is performed with imagination, as if the fish in the water are releasing a bubble. At this time, in combination with deepening breathing, it is envisaged to expand the world of imagination in the child.
4. "Bubbles" - the child swallows air into it and inflates his cheeks. It then releases a slow "puf-puf" sound as it releases air. The beneficial side of the exercise is strengthening the muscles of the lips and cheeks.
5. "Steel pipe" - the child is asked to take a deep breath through the nose and then release it slowly with the sound of "sssss". The exercise should be repeated 5-7 times. It is to increase the stability of breathing and promote the smooth pronunciation of the production of certain sounds.

In addition to improving children's ability to breathe, these exercises also help them pronounce their speech sounds correctly. In children, in most cases, there are cases of slippery, noisy, non-resonant, acquired a tongue, and a violation in the pronunciation of the group of tongue-back Sounds is observed. Also, often in children, difficulties arise when it comes to uttering words with consonant sounds "r", "s", "sh" or "ch". The exercises provide a number of relief in helping the child to overcome these types of shortcomings and in getting the sound system right.

Articulatory Gymnastics is a set of exercises that develop the speech apparatus and help to pronounce sounds fluently. Articulatory Gymnastics helps to pronounce words clean and clear, without the need for speech assistance. It is suitable for eliminating any speech defects. It can be used, among other things, to eliminate speech defects in writing. When this gymnastics is used, the child's tongue muscles, lips, palate and fingers also move. As a result, the child's sensory organs develop. These exercises are divided into static and dynamic types.

Static exercises imply keeping the articulation organs motionless in a certain position. These exercises help to increase the strength and stability of speech organs.

In place of the conclusion, it is worth noting that in achieving speech stability in a child, it is possible to eliminate verbal and written deficiencies by making the most of the various exercises recommended by speech forecasters for the development of speech in children. The main focus on this should be given by the teacher and the parent.

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