ST Blend Word List

Hold a long /s/ and then stop the air with the tongue tip and release it for /t/. The tongue stays in the same neighborhood the whole time.



SOUND	TYPICAL AGE	TYPE
/st/	By age 5-7	Voiceless Fricative + stop cluster

PRACTICE TIP

ST is the most common consonant cluster in English and shows up in every position - it is usually the highest-value blend to target first.

ST is practiced here at the beginning and end of words; true medial ST clusters are rare.

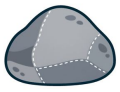
Initial Position (21 words)

The sound is at the beginning of the word.


stop


star


stick


stone


stairs


stove


stamp


steam

These and 7 more pictured words are in the ST Blend picture cards.

1 Syllable

17 words

stop	stairs	stand	step	stripe
star	store	steak	stool	
stick	stove	steam	storm	
stone	stamp	stem	stomp	

2 Syllables

4 words

story	sticker	stomach	student

High-frequency initial words

Everyday words rather than picture-card words - which is why most lists leave them out. A child already says these hundreds of times a day, so they carry more carryover value than any noun above. Target them in conversation, not in drill.

stop, stand, started, stopped, starting, staying, starts, stayed, stood, stays, stopping

Final Position (19 words)

The sound is at the end of the word.


nest


fast


toast


ghost


coast


vest


wrist


chest

These and 1 more pictured words are in the ST Blend picture cards.

1 Syllable

18 words

nest	first	west	vest	must
best	toast	most	wrist	chest
fast	ghost	rest	cost	
list	coast	test	dust	

2 Syllables

1 word

forest

High-frequency final words

Everyday words rather than picture-card words - which is why most lists leave them out. A child already says these hundreds of times a day, so they carry more carryover value than any noun above. Target them in conversation, not in drill.

next, against, least, almost, taste, fixed, kissed, chased, guessed, danced

Generalization

Word lists get a sound into a child's mouth. Generalization is what gets it into their life. These are activities where the target words come up on their own, so nobody has to be talked into practicing.

Play-based ideas for young children

Stop and go

Musical statues, or a toy that only moves on "go" and freezes on "stop."

Words that come up: stop, start, stand, still, step, again, more, go, fast, slow, my turn, wait, freeze, move

Star stickers

Star stickers to put on a chart as you play. The chart marks that the game happened, not how well it went.

Words that come up: star, sticker, stick, stack, stop, again, more, put, here, my turn, look, one more, done, wow

Stacking cups

Stack cups into a tower, then knock them down.

Words that come up: stack, stand, stop, still, steady, again, more, up, down, my turn, big, crash, tall, careful

Conversation and verbal games for older kids

Story chain

Build a story one sentence at a time. "Story" and "start" repeat.

Strangest thing

Describe the strangest thing that happened this week.