





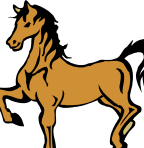



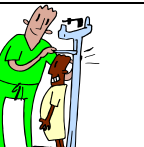
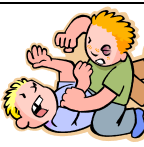
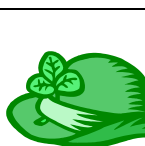
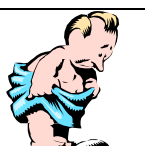





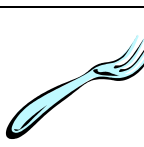



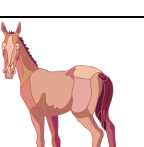
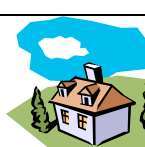

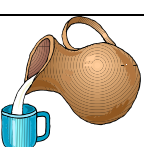


f			f		
	heat	feet		hold	fold
f			f		
	heel	feel		horse	force
f			f		
	hound	found		height	fight
f			f		
	hat	fat		hair	fair
f			f		
	hive	five		hawk	fork
f			f		
	hang	fang		hole	foal
f			f		
	home	foam		hill	fill

<http://www.speech-language-therapy.com/tx-facts-and-tricks.html>

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Practise fff...hold...ffhold, etc and gradually reduce aspiration