

# How to use my Cycles Data Sheet

Several years ago I found myself working with the preschool population. I reflected back to my graduate level Articulation and Phonology class and realized that I really had NO IDEA how to *really treat* phonological disorders. My class consisted of reading *research, research, research* and I took away very little information I felt I could actually apply in therapy.

Thank goodness for a great website [www.speakingofspeech.com](http://www.speakingofspeech.com) where I was able to use their message boards to connect and learn from my fellow SLPs. One of those SLPs named Dawn was so gracious to provide a detailed outline on **Barbara Hodson's Cycles for Phonology**. I remembered reading the research on this approach but not fully understanding it at the time. Dawn's outline, paired with my reading Hodson's book [Evaluating & Enhancing Children's Phonological Systems: Research and Theory to Practice](#) really helped me understand how and *why* to use this program with my young children with significant phonological delays.

However, I found myself having trouble keeping my cycles organized. So I created a sheet to keep track of my cycles.

I guess this is not so much a "data" sheet as it is an organization sheet. This is how you use it:

- As you work on each process, write in your target words on the area provided.
- In the areas that say "session #1, #2, #3" write in the date that you worked on this process. Because you work on each word set for 60 minutes, I provided three session columns depending on your session lengths. If you see children for 30 minute sessions, you would only use the columns for sessions #1 and #2. However, if your sessions are 20 or 25 minutes, you will want to use all three columns, as you will target each set for 3 sessions.

It's that simple! ☺

Now, I was only able to make this data sheet because of the outlines that Dawn Moore, CCC-SLP so graciously provides on her website <http://www.expressionspeech.com/>. You can find this information, and so much more, at the link below:

<http://www.expressionspeech.com/therapydocuments.htm>

Cheers!

Katie Yeh, MA CCC-SLP

[www.playingwithwords365.com](http://www.playingwithwords365.com)

[Katie@playingwithwords365.com](mailto:Katie@playingwithwords365.com)