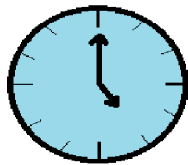


# Stammering

Stammering is where the normal flow of speech is interrupted by repetitions and stoppages. Children will often go through periods of stammering when they are learning how to talk and it will often resolve on its own. However if you have concerns please speak to your speech and language therapist. Below are some advice strategies that you can use in everyday talking situations to help your child's stammering:

**Slower talking** - Try and slow down your talking. Not only will this help create a relaxing environment, your child will often model their speech on yours and also talk slower. This will give them more time to think about their words and sentences.



Be Sympathetic! Reassure them that we can all at times find talking tricky and get stuck on our words.

**Time** - Give your child time to talk and try not to finish their sentences for them. Remember to try and focus on what they are saying not how they are saying it.

**Praise** - Praise your child for their talking using specific praise such as, "That was really smooth talking well done" or "That was a really good try!". Remind them that we can all at times find things difficult.



Use words such as 'bumpy' and 'smooth' to describe your child's stammer. Talking to your child about their stammer and reassuring them will help them to feel more at ease and happier to talk about their stammer.

**Reduce questions** - Asking a child a direct question can put them on the spot and cause anxiety if they have difficulty getting their words out. Try using comments instead of questions where possible.

Remind your child to take breaths when talking. This will help them to slow their talking down and to relax.

