



Speech and Language Therapy Advice

Stammering

What is stammering?

This is when a person has an interruption in their talking such as repeating sounds or words (e.g. "c c c can I have a drink), dragging out sounds in words (e.g. "caaaaan I have a drink) or becoming 'blocked' where words become stuck and no sound comes out.

How should I react to my child's stammer?



Don't...

- Tell your child to slow down or stop and think about what they are saying
- Finish your child's sentences
- Rush your child when they are speaking
- Let siblings or other children make comments about their dysfluency
- Draw any attention to your child's dysfluency



Do

- Focus on what your child is saying and try not to focus on the dysfluency
- Keep easy eye contact and try not to look away or stare at your child - try to act as 'normally' as possible
- Slow down your own rate of talking, as this helps to create a calm and relaxed atmosphere for speaking



What else can I do to help?

1. Try to arrange some time in the day when the child can have your full undivided attention in a calm and relaxed atmosphere for perhaps five minutes.
2. Praise the child for the things they do well as this helps to build their confidence and helps them to focus on things they are doing well.
3. Make sure that each member of the family understands the importance of taking turns when talking.
4. Reduce the number of questions that you ask and make sure you give the child time to answer before asking another one.



For more information:

<https://actionforstammeringchildren.org/>
www.stammering.org



If you or your child are worried about their fluency then it is always best to give us a call and either discuss your concerns or book onto one of our parent sessions.

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