

## Stammering

### Helpful Tips:

- Pause before replying to your child (count to 2 in your head)
- Encourage a relaxed atmosphere when talking by slowing down your rate of speech
- Use short simple sentences
- Reduce the amount of question / demand speech you use, especially if your child has just finished nursery / school
- Keep eye contact
- If your child is unaware of the stammer do not comment on it. If they are showing frustration or becoming upset, acknowledge the difficulty with reassurance and comfort and direct them to an activity they enjoy
- Make sure everyone gets a turn to speak
- Use specific praising several times a day e.g. "thank you for tidying up, that was very helpful"

<b>Do</b>	<b>Don't</b>
Listen to what your child is saying, not how they're saying it.	Tell your child to stop stammering.
Give them time and wait until they have finished.	Look worried or draw attention to their stammer.
Try to behave as you would if they were fluent.	Get impatient, walk away or punish your child for stammering.
Keep calm so that your child does not feel under pressure to speak more quickly.	Guess and say the words for them
Be careful not to pay more attention to your child's stammering than to their fluent speech.	Ask too many questions.
Pause before replying to your child (count to 2 in your head).	Allow friends or family to tease your child about their speech.
Encourage a relaxed atmosphere when talking by slowing down your rate of speech and keep it simple.	Force your child to speak publicly unless they want to.
	Ask your child to slow down or take a deep breath.

**Teaching staff should watch the 'wait, wait...' video clip available on the Michael Palin Centre website <http://www.stammeringcentre.org/> for classroom strategies.**