

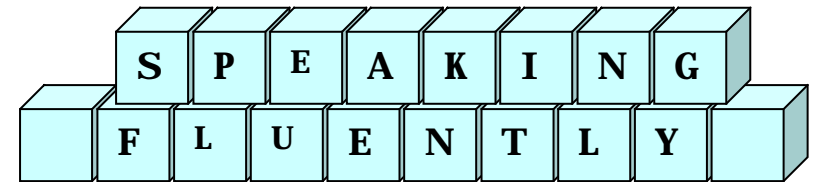
Extra Ideas

Here are more ways in which you can help your child with their talking.

- ❑ Do things that you and your child enjoy and where speaking is not especially important.
 - Looking and listening games
 - Singing
 - Drawing and puzzles
- ❑ If your child is aware of stammering, talk about it. If they say, “I can’t say it”, say the word together.
- ❑ Be sensitive in your handling of all your children – being clear about family rules helps everyone to feel secure, eg bedtime, eating, discipline. This can reduce battles, help avoid excessive tiredness and irritability, which can make talking more difficult.
- ❑ If you continue to be worried about your child’s stammering, contact you Speech & Language Therapist again. It can take some time for stammering to reduce, but if you do not see improvement over 6-12 months then it would be better for them to be seen. Your therapist will then advise if more direct help is needed.

USEFUL CONTACT:

British Stammering Association
15 Old Ford Road, London E2 9PJ
Helpline – 0845 6032001



Learning to speak is a complicated process. Conversations involve listening, understanding, thinking, and movement and co-ordination of muscles.

Many children have times when they might stammer, especially when language is developing fast (ie 2-5 years). Stammering might also happen at other times when there are extra pressures to speak well.

This leaflet provides information on stammering and how you can help.

Your Speech & Language Therapist is
..... Tel:



Talking & fluency

Everyone has times when they stumble or hesitate over their words. Stammering or stuttering is a more obvious hesitation.

A child who stammers may repeat sounds, make sounds too long, or even get completely stuck so no sound comes out at all. Sometimes a child may struggle and show tension in their face or body.

Most children pass through this stage eventually, but it is best to do whatever we can to make speaking easier for them.

There are times when speech may be harder for children. These may be:

- When a child wants to speak urgently
- When a child is having to answer a lot of questions
- When situations are very busy, noisy, frightening or exciting
- When there is a lot of interrupting



How to help

You can support your child through these more difficult times by:

- ❑ **Looking** at your child when they are talking – try and have your face on the **same level** as your child's.
- ❑ Speaking in sentences that are **easy to understand**.
- ❑ Talking about things happening in the **present**. (Children find it harder to talk about things in the past - such as having to tell someone about what they did at nursery, on holiday etc)
- ❑ Trying not to ask too many questions – let your child **choose** when to tell you things.
- ❑ Giving your child extra time – **slow down** your own talking.
- ❑ Showing your child that you are **interested** and **listening**.
- ❑ Encouraging people in the family to **take turns** talking and avoid interrupting each other.