

Children's Speech and Language Therapy Service

Stammering - A Tricky Talking Day

Some days the stammer will be more noticeable. It may be that the child is tired, has had a busy time or is worried. Sometimes the stammer can increase when a child is developing their language skills further e.g. using longer and more complex sentences or learning lots of new words. There are lots of things you can do to help on these days.

What you can do to help

- Try and take the focus off talking. Find time to do things with your child which doesn't involve much speaking. Let them talk when they want to but don't put any demands on them to say anything.
- Read simple books with your child that have simple repetitive lines in them e.g. 'Three Little Pigs', 'Goldilocks', 'Three Billy Goats Gruff', 'The Gruffalo, and the 'The Enormous Turnip' etc. Your child can join in with the repeated sentences with you. This often helps them to talk more easily and to increase their confidence in speaking.
- Make sure your child has plenty of sleep and check whether they are unwell, have been very busy or been answering lots of questions. They may have been competing with other children for your attention. Look for anything that might be increasing the stammer and look for ways to make changes.

Further information can be found on the website for the British Stammering Association (www.stamma.org)