

Children’s Speech and Language Therapy Service

Stammering Demands and Capacities

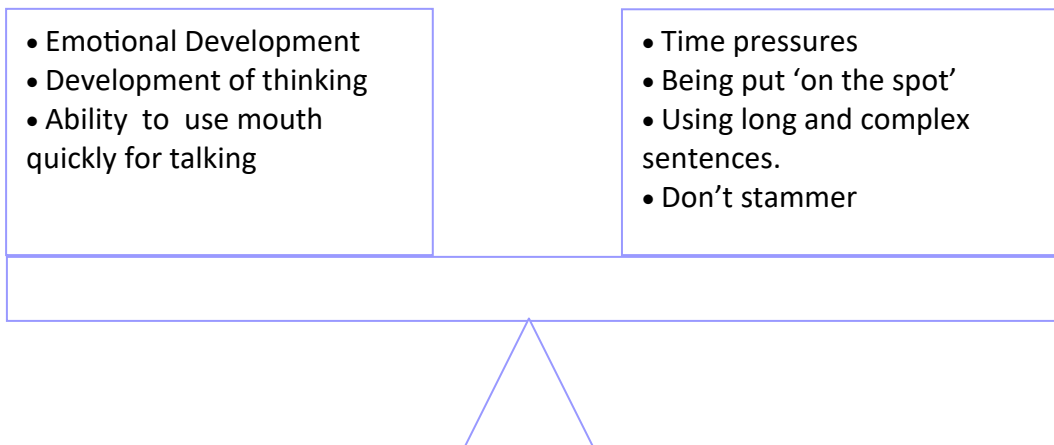
Balancing talking skills with demands and pressures.

When children are learning to talk they often make mistakes and stumble over their words. Talking is like learning to ride a bike. It takes time and practise to learn how to do it. When children have a vulnerability to a stammer, they may need more time and practise. You can think of the talking difficulty like a sea saw. On one side is the child’s ability to talk at the moment and on the other are pressures or demands to talk.

THE DEMANDS AND CAPACITIES MODEL

The child has a **CAPACITY** to communicate

DEMANDS are placed on the child to communicate



If the pressures are more than the child are able to cope with, they will stammer. As children’s language develops and pressures decrease the stammer may go away. If a child continues to have difficulties in any area (e.g. coordination, understanding and using language, speech clarity, emotional development) they may continue to be vulnerable to the stammer and will need extra support from adults to help them. You can help by noticing talking pressures at home, nursery or school and making changes to reduce them.

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