

Children's Speech and Language Therapy Service

Stammering - Demand Talking

What is Demand Talking?

This is where children are asked to talk when they haven't chosen too. It's important that children can choose when to talk, so that they feel more in control. Examples of 'demand talking' are -

- Asking your child to say goodbye, hello, thank you etc.
- Asking your child to tell someone what they did at school or what they had for their birthday.
- Asking too many questions, especially open questions e.g. 'what did you do at school today?'
- Asking your child to say a nursery rhyme in front of a group.
- Asking your child to explain something particularly if it is long or complicated.

What you can do to help?

Let your child choose when to talk. This gives them back control and helps their confidence. Children can build up to talking in tricky situations with little steps. Your Speech and Language Therapist can help you with this.

- You can say thank you, hello and bye in situations but don't demand that your child does the same.
- Give your child the chance to answer in other ways e.g. using gesture etc.
- Make comments rather than ask questions. For example, rather than asking "What have you done at school today?", "You've drawn a really nice picture."

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