

## Children's Speech and Language Therapy Service

# Stammering General Strategies

- Try not to give any advice to your child about slowing down, breathing, taking time to think etc. They may well try to do this in the wrong way. It will be more helpful if they can follow your own calm way of speaking.
- Use lots of pauses in your speech while you are talking to your child. This will give them time to think about what you are saying.
- Talking to your child in a relaxed unhurried way will help them relax more easily when talking to you.
- Whenever possible, make sure that you are looking at your child when they are talking to you. This shows you are listening and interested in what they are saying. You are also showing that you have plenty of time and that you won't rush them to finish.
- Try and reduce the number of questions you ask your child at any one time, especially those that need long or complicated answers. This doesn't mean you have to speak to them less. Try making comments instead, for example, "I heard you had your favourite lesson at nursery/school today" instead of "What did you do at nursery/school today?" Keep your sentences short and talk about what your child wants to talk about as often as possible.
- Notice the times when the talking is easier and look for opportunities to increase these types of activities during the day.
- Increase the opportunities for relaxed calm activities when your child is tired or very busy.
- Talk to the staff at nursery/school about the stammer and how your child would like people to respond, e.g. not finishing off sentences etc.

Further information can be found on the website for the British Stammering Association ([www.stamma.org](http://www.stamma.org))