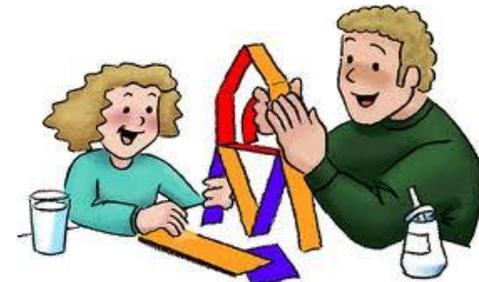


Did You Know?

- Stammering occurs in different ways. The child may repeat words or parts of words. He may prolong sounds, block on words or struggle when talking.
- No single cause has been found for this complex problem.
- Stammering tends to run in families and affects many more boys than girls.
- Approximately 5% of all children are likely to experience some disruption to the flow of their speech, usually between the ages of 2 and 5 years. Many of these children gradually stop stammering.
- Parents do not cause stammering - in fact, as many children do recover, it is reasonable to assume that parents often do things that are helpful.

Speech and Language Therapy Service

Helping the Child who Stammers



This leaflet attempts to answer some of the questions you may have about how to communicate with a child who is stammering, as not knowing how to deal with the problem can make parents, friends and teachers uneasy and anxious.

It is important to seek help and advice from a Speech and Language Therapist as early as possible to reduce the risk of the stammer continuing into adulthood

For more information, contact Speech and Language Therapy:
Tel 01535 295652 or

<http://www.airedale-trust.nhs.uk/services/speech-and-language-therapy/>

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All of the following things are more helpful than telling your child how to speak:

Listen to your child carefully; concentrate on *what* they are saying and not *how* they are saying it. Show your child you are interested in what they are saying.



Slow down your own rate of talking.

Pause for a few seconds before responding to your child as this encourages them to take their time before talking. Try not to interrupt!

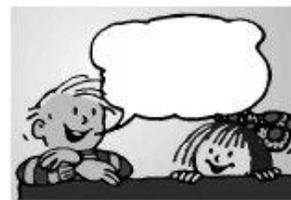
Reduce the number of questions that you ask and make sure that you give your child enough time to answer. Try not to use long words or complicated sentences.

Allow time for your child to finish what they have to say; don't finish it for them.



Do not tell your child to take a deep breath and start again or slow down, as this may increase their awareness of the problem.

Make sure that each family member understands the importance of taking turns when talking. Competing for attention in the family is difficult for the child who stammers.



Praise your child for the things they do well - this helps to build confidence.

Treat the child who stammers exactly the same way as a non-stammering child regarding their behaviour - discipline should be appropriate and consistent.



Try to arrange some time in the day when your child can have your full undivided attention in a calm and relaxed atmosphere for perhaps five minutes.

Keep easy eye contact while you are talking to your child, especially when they stammer.

Children who stammer respond well to a less hurried lifestyle and flourish in a routine and structured environment both at home and at school.

Make sure your child has enough sleep and a regular healthy diet. Tiredness in particular can increase the amount of stammering.