

10 TIPS TO HELP FLUENCY

1. Listen carefully to your child, concentrating on what he/she is saying, not how they are saying it. Don't look away from your child when he/she stammers.
2. Slow down your rate of talking. Children try to match their parents' rate of speech, and the faster a stammerer tries to speak; the more likely he/she is to stammer.
3. Reduce the number of questions you ask, and make sure you give your child time to answer one before asking another.
4. Allow time for the child to finish what he/she has to say; don't finish it for them.
5. Avoid giving your child advice on how to speak (e.g. "Slow down", "Take a deep breath"), as this can increase their awareness of their stammer.
6. Try to cut down the number of times the child who stammers is being interrupted, or interrupts others. Explain to the family the importance of taking turns when talking.
7. Try to arrange some time during the day when the child can have your full, undivided attention in a calm and relaxed atmosphere for perhaps five minutes.
8. Praise your child for the things he/she does well as this helps build confidence
9. Treat your stammering child in exactly the same way as a non-stammering child regarding their behaviour - discipline should be appropriate and consistent.
10. Stammering children respond well to a less hurried lifestyle, and flourish in a routine and structured environment both at home and at school.