

Stammering

Paediatric Community Speech and Language Therapy

What is stammering?

- In preschoolers, stammering is not uncommon. Stammering, or stuttering, affects up to 8% of children. In most children this will last a short amount of time and they will stop stammering on their own.
- Young children often start stammering when speech and language skills are rapidly developing. This is called 'developmental stammering'.
- We also know stammering has a genetic link, meaning it can run in families.

Information sourced from stamma.org

How to help

These strategies will continue to grow your child's confidence in communicating and are the best way to support your child if you have noticed them starting to stammer:

- Have 5 minutes of one-to-one time with your child, where they aren't competing for attention and you focus on play / an activity rather than how they are talking.
- Slow down your own rate of speech rather than telling your child to slow down or take a deep breath.
- Ask one question at a time and give them plenty of time to answer.
- Focus on what your child says, not how they say it.
- Make sure everyone gets a turn in conversation.
- Acknowledge speech difficulties with reassurance and encouragement just as you would any other difficulty your child is experiencing.

Remember to...

Remind yourself of the strategies every day
Praise your child when they take part or put effort in anything (not just for talking!)
Make sure all the adults around your child are doing the strategies

Helpful links

[Stamma:
A Guide to
Stammering](#)



[Michael Palin:
Resources for
parents/carers](#)

