Useful websites:

https://stamma.org/get-help

https://speechandlanguage.org.uk/help-for-families/resource-library-for-families/stammering/

Supporting Self-advocacy

- Encourage your child to speak up and share their thoughts despite their stammer.
- Encourage your child to let others know that they stammer so that they understand and support better.
- Practise having a positive mindset as reducing anxiety can improve fluency.
- Support your child in identifying which strategies support them best and at what times.
- Support your child if they decide that they want to embrace their difference rather than "correct it". Educating others about stammering is really empowering.

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STAMMERING

A guide for parents

What is stammering?

Stammering sometimes known as stuttering or dysfluency is when a person has difficulty in producing smooth fluent flow of speech.

A Little More Information

Stammering varies from person to person. It maybe that your child has lots of pauses in their speech or within words. They might repeat sounds several times or some of their spoken sounds might sound 'stretched out'.

For some children actually beginning to speak is the most challenging part.
There are two types of stammers; acquired stammers and Neurogenic stammers. An acquired stammer is where a person has had fluent speech previously but suddenly begins to stammer. A Neurogentic stammer is caused directly by an illness, an injury or as a side effect to taking some kinds of medication.

Ways to support at home

- Ensuring that you are patient with your child and provide them with plenty of time to say what they want to say.
- Don't be tempted to finish their sentences off for them.
- Encourage your child to stay relaxed as they talk and purposely take a deep breath before starting to talk,
- Reminding them to slow the pace of their speech can also help.
- Support your child on their journey through stammering. It maybe that they want to learn specific strategies to reduce their stammering or they might consider their stammer to be part of the way that they communicate.
- Supporting a child in acceptance can also be really empowering

Additional strategies to try:

Pacing. I can use my hands to tap out each word of a sentence. For longer, multi-syllabic words, I can tap each syllable. By accompanying my speech with a body movement, this will keep tempo, and slow my rate of talking. Pacing engages the rhythmic areas of the brain.
Slide. I can stretch / prolong the first sound in a word to create a controlled stammer. This will help on 'long' sound such as 'f' 'v' 's' 'z' 'th' 'sh'.
Easy Onsets. This is where I can begin speaking on my exhale breath, which will give me longer breath support and help me ease into sounds such as 'h' 'w' or vowel sounds.
Bouncing sounds. I can bounce the first sound of a word off the last sound in a previous word. This can work well for words beginning with vowel sounds, such as 'an apple' 'a-motorbike'. It might help to imagine the two words as one.