

Top Tips to support children and young people who stammer

**Community & Therapy Services
Speech and Language Therapy Department
Northern Lincolnshire and Goole**

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.



Information for parents and carers

Background

About 5% of children will go through a stammering phase as they develop language. Most will recover fluent speech without intervention. However, 1:5 are at risk of continuing to stammer and it is important we support them by use of the following strategies as soon as possible.

General Advice

Do...

- Give your child plenty of time to speak
- Keep looking at your child when they stammer
- Keep your speech rate slower
- Keep your sentences short and simple
- Keep relaxed and calm

Don't...

- Ask lots of questions, try commenting on what they are doing instead
- Correct their speech or tell them to go slower
- Interrupt them or finish sentences for them

What can I do to help?

It is fine to be sympathetic. Children can sometimes feel under less pressure once they know someone understands.

For example, "You know when you said that sometimes your words get stuck. Well, is there anything you would like me to do, or should I just wait and listen until you finish?"

Help your child to keep language simple

- Keep your language simple, use short sentences with more pauses
- Try not to ask too many questions, this can put your child on the spot to talk
- Help your child to feel there is no hurry to finish what they are saying
- Try not to interrupt your child when they are stammering
- Slow the rate of your own speech, rather than telling your child to slow down
- Watch your body language, try not to look impatient or worried
- Give one instruction at a time

Help your child to take turns talking

Taking turns is important as your child may stammer more when:

- Talking quickly
- Competing with other children for your attention
- They try to say something and someone else is talking

Help your child to develop confidence

- Think about ways you can help your child build confidence in lots of ways, not just talking. Use specific praise. For example, "Good sitting", "Good tidying up".
- Don't feel under pressure to say the words for your child
- Many children would prefer that the listener waits while they say the words
- Ask your child what they would like you to do



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Information for parents and carers

What else can I do?

- Try keeping a diary and recording when your child stammers more or less. You may spot a pattern such as worse at bedtime, or in holidays
- Have a quiet time after school (a drink, look at a book or watch TV). This quiet time should last about 5 minutes
- You may have noticed your child stammers less when doing some activities. For example, playing by themselves or when singing. Build these activities into your daily routine
- If there are a lot of people talking at once encourage turn taking

Other Information

Useful websites include:

- www.stammering.org
- www.stammercentre.org

References

Clinical Guidelines (2007) Royal College of Speech and language Therapists.

Stammering in Pre school children: a parents guide (2010) British Stammering Association.

Communicating Quality 3 (2006) Royal College of Speech and Language Therapists.

Community Clinics

Immingham Children's Centre, Eastfield School, Margaret Street, Immingham.

A clinic is also held at the Diana, Princess of Wales Hospital, Grimsby. This is held in the Speech and Language Therapy Department.
Tel: 03033 303758

For Scunthorpe and surrounding area:
Monarch House Tel: 01724 203755

Parking

If your appointment is to attend the Diana, Princess of Wales Hospital, you will need to pay for parking.

Northern Lincolnshire and Goole NHS Foundation Trust

Diana Princess of Wales Hospital
Scarcho Road
Grimsby
03033 303758

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
03033 306889

Goole & District Hospital
Woodland Avenue
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