

HOW SHOULD I TALK ABOUT STAMMERING WITH MY CHILD?

ACKNOWLEDGE STAMMERING

If your child does say or do something that suggests that they are noticing it, or are reacting to a moment of stammering, then don't be afraid to acknowledge it. This can be reassuring for your child because it shows them that they are not alone and that you're not bothered about it. There is no evidence that being aware of a stammer will make stammering increase.

Things that parents might say...

"Well done, you got there in the end!"

"Some words are really tricky to get out, aren't they?"

"That got a little bit stuck, didn't it?"

USE NEUTRAL LANGUAGE

It can be easy to refer to stammering using negative language e.g. "The stammer was really bad today". Think about the language you use and consider if it has an unintended negative message. It can be helpful to try talking about stammering more or less, rather than speech being "bad" or "good."

WHAT NEXT?

You may be added to our waiting list for a review appointment to check-in on how you and your child are doing.

In some cases, your child may be added to our waiting list for a block of therapy sessions:

- Parent-Child Interaction Therapy (PCI) for under 7 year olds.
- Family Communication Skills (FCS) for 8-14 year olds.

Please see 'What is Stammering?' leaflet for additional information.

Useful websites:

- STAMMA (British Stammering Association):
<https://stamma.org>
- Michael Palin Centre for Stammering:
<https://michaelpalincentreforstammering.org>
- Action for Stammering Children:
<https://actionforstammeringchildren.org>



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Supporting Your Child Who Stammers.

Information
for
parents

WHAT CAN I DO?

Daily lifestyles, events, experiences, attitudes, and behaviours that occur at home and school do have an impact on all children in all sorts of ways, and may impact their stammer.

GENERAL WELLBEING AND ROUTINES

Consider your child's overall well-being, including physical health, eating, and sleeping. For example, if you feel your child does not get enough sleep, consider changes to their routine to positively impact this area.

LANGUAGE MODEL

Observe how your child speaks. If your child is still young and they are using advanced language this puts pressure on their still-developing speech motor skills. It may be helpful to keep your language simple.

PACE OF LIFE

Often family life can be very busy. This can be normal for lots of families! Are there any times in the day when it gets really rushed and when it might be possible to do things a little differently to help everyone feel a bit more relaxed?

As parents, you are the experts in your own child. You know your child better than anyone else and have instincts for what your child needs. By trying to use some of these strategies, you can build on what you are already doing to support your child.



WHAT ELSE CAN I DO?

8 tips For speaking with your child

1

WAITING

Give your child plenty of time to provide a response. Try to avoid jumping in or completing a sentence for them.

2

SLOW DOWN

Being aware of and slowing down your own rate of speech can be helpful for your child. Children often match the speed of people they are talking to.

3

QUESTIONS & COMMENTS

Questions often add pressure to a child when they are communicating. Consider using a balance of comments and questions when talking to your child.

4

LISTEN

Try to give your child your full attention when they are speaking to you. This will help to reassure them that they are being listened to and will not feel rushed.

5

TAKING TURNS

Promote good turn taking skills within your house. Encourage good listening to each other without interrupting, and make sure that everyone gets an equal turn.

6

PRAISE

You can help to build your child's confidence by using specific praise. Tell them what they did well and why.

7

SPECIAL TIMES

Spend 5 minutes a day 1:1 with your child. Spend quality time together doing an activity of your child's choice - as long as it is not outdoors or screen-time focused.

For further information on each of these tips, search the below title into Youtube to watch a video by The Stuttering Foundation:

[7 Tips for Talking with the Child Who Stutters - YouTube](#)