

FAMILY COMMUNICATION SKILLS THERAPY (FCS)

WHAT IS IT?

Family Communication skills (FCS) is for supporting 8 – 14 year olds who stammer and their families. Parents have an intuitive understanding of how to help their child which we can use to support your child's speech. Each child is different and their stammer is unique so therapy needs to be individually tailored. Therapy is collaborative and the aim is to help your family develop awareness of communication skills and enable your child to be a more confident communicator. Your child and you will be involved in making joint decisions and goal setting.

WHAT DOES IT INVOLVE?

There are nine sessions in this programme followed by a review appointment. Both parents are encouraged to attend as many of the sessions as possible and siblings will be asked to be involved in one session.

SESSIONS 1-3

During the first three sessions the Speech and Language Therapist will:

- Chat with your child about how they are getting on in school, about their family, about how they are getting on with their talking and their views about their stammer.
- Assess your child's language and their stammering (involving a video recording of them talking).
- Video record of parent – child interaction.
- Talk to both parents about all aspects of their child's development, including your child's relationships, family relationships and school (This is a parent only session).

This comprehensive assessment enables the therapist to develop an individualised treatment programme using the specific information gained about the child's abilities and vulnerabilities within the family context.

SESSIONS 4-9

The following six sessions your child, you and your Speech and Language Therapist will create joint targets, focusing on developing awareness of communication skills and supporting your child in being a confident communicator. In between sessions you will have a five minute 'Special Time' with your child at home three to five times during the week to practice these strategies.

REVIEW

The FCS block is followed by a six week home consolidation period where the family continue using the strategies which support your child's communication skills. Following this there will be a review appointment to monitor the progress.

WHAT ARE THE POSSIBLE OUTCOMES?

There is no cure for stammering. Some children will spontaneously stop stammering, while for others strategies are established to support the child stammering with ease and to minimise the impact of stammering on both the child and the family. FCS supports your child and you in being confident communicators and developing openness about stammering. It sets the foundations of further skills work if indicated.



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