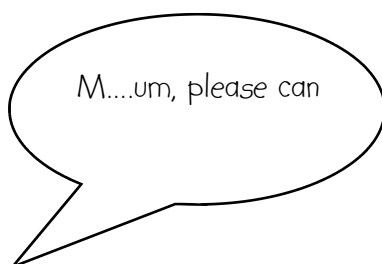
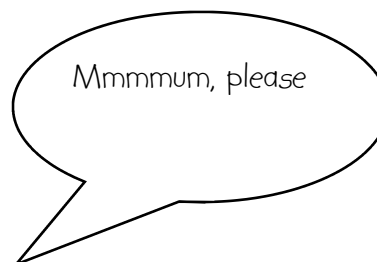
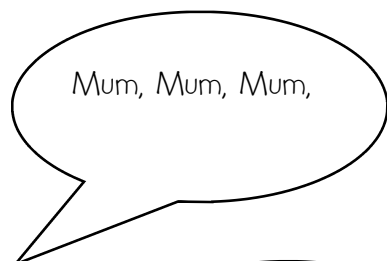


Stammering

What is stammering?



- Repeating whole words or phrases
- Repeating the first sound
- Getting stuck on first sounds

These are all examples of stammering.

When does it happen?

Between the ages of 2 and 5 one in twenty children will stammer for a while.

The stammering can come and go.

Why does it happen?

The main reason is the child knows what he wants to say but he cannot find the words or organise the sentence quickly enough so he might stop, stumble or hesitate when talking.

2/3 rds of young children who stammer will improve.

Stammering is more likely to occur when your child is

- Trying to say something complicated
- Excited
- Feeling rushed.

! If you are concerned, contact your local speech and language therapist. Giving the right support is really important.

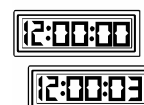
'Stammering' is the same as 'stuttering'.

Helpful hints for children who stammer

- ✓ Most young children don't realise that they have a stammer. It is really important not to draw attention to the stammer so...

listen to what the child says and not how he says it!

- ✓ Give your child time to talk. If you ask a question wait for an extra couple of seconds to give him time to reply.



- ✓ Try to stop what you are doing and turn to face your child. If you have your back to him he will think you are not listening! If you can't do this explain that you are listening.



- ✓ Slow down your speech! Conversation is like music. If you talk slowly and calmly so will the other person. **Don't** ask your child to slow down.



- ✓ Encourage everyone to take turns to talk so that the child who stammers is not under pressure to say his ideas quickly before someone interrupts.

- ✓ Consider using 'Special Time' so your child can have 5 minutes of your undivided attention.



- ✓ Boost his confidence by praising him for all the things he can do.

Some children are aware that they stammer. Talk to them about the stammer using the words they use to describe their concerns. Don't pretend it doesn't exist. Contact your local speech and language therapist for further advice.

For more information contact The British Stammering Association. Tel: 0845 603 2001