Speech and Language Message of the Week

**What is stammering?**
- Repetition of whole words or single sounds e.g. “and and and then it’s break” or “c-c-c-cake”
- Prolonging of sounds e.g. “fffffffish”
- Blocking of sounds, where the child appears to have started to speak but no sounds are coming out

**Model a relaxed, slow style of speaking.** This will give the child more time to process what you have said and respond.

**Allow the child plenty of time to answer/speak/read.** Try not to finish their sentences from them.

**Maintain natural eye contact** with the child so they know you are listening.

**Spend time with the child and ask them:**
- What helps you?
- What is not helpful?
- What should I do or say when you are stammering?

**Tips to Support Children who Stammer**

- Instead say: “that was a bit tricky”
- Or: “we all find talking tricky sometimes”

- Try not to say: “stop take a breath and start again”

- Many children go through a time of non-fluency, particularly during their language learning years. If you have concerns regarding a child’s stammer please talk or refer to your Speech and Language Therapist.
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Did you know?

22nd October is:

International Stammering Awareness Day