

Supporting children who stammer



1. Slowing down may help fluency. **TELLING** them to slow down usually doesn't. Slow your own rate instead - it works!

2. Looking away from a stammering child says you have lost interest. Value what they say. Maintain eye contact & wait for them to finish.

3. Content is more important than form. Make sure children know **WHAT** they say is more important than **HOW** they say it.

4. Never finish their sentences. Your words are not their words and it is not helpful to make it a race!

5. Pauses help a stammering child. They slow the pace and give time to process and plan. Take a second to respond!

6. Be open about stammering. 'That was a bit tricky wasn't it?' can be all it needs to make a child feel supported.

7. Encourage the child who stammers to think of rules for taking turns that apply to **EVERYONE** including themselves.

8. Ask stammering child to list what makes a friend good to talk to. They **NEVER** say their fluency. It's light bulb moment for them!

9. Even if a child stammers, most of their speech will still be fluent. Don't forget to tell them when their talking is great!

10. There are loads of successful people who stammer. Make sure children hear about some great role models so they know they can still do whatever they want to do.