

# STAMMERING

Stammering or stuttering is when you repeat part or all of a word, or a word gets stuck and does not come out. Approximately 5% of children will stammer, in most this will be short lived. It's cause is neurological (brain based) not psychological (because you are nervous or anxious). Parents do not cause stammering. The way you respond to your child's stammer can make a real difference.

## WAYS YOU CAN HELP YOUR CHILD

- Give lots of praise to your child. This can be for anything; listening, understanding being kind or helping.
- Refrain from telling your child to slow down or take a deep breath.
- Keep sentences short, simple and pause before answering questions.
- Slow down your own rate of speech and maintain a natural eye contact with your child.
- What your child is saying is the important part, not how they are saying it.
- Make sure everyone gets a turn in a conversation.
- Only ask one question at a time giving them plenty of time to answer
- Try and have one-on-one time each day with your child, where they have your full attention even if it's just five minutes.
- Acknowledge speech difficulties with reassurance and encouragement just as you would any other difficulty your child is having.

## FOLLOW THESE LINKS FOR MORE INFORMATION AND FUN ACTIVITIES TO TRY

A guide to helping your child with a stammer



Should I be worried that my pre-school child is stammering?



How you can help a child who stammers



This is part 1 of a 5 part series. All part can be found on the STAMMA YouTube channel