

## Supporting children who stammer

There are lots of different ways for parents, carers and adults to support a child who stammers during everyday and play activities. These can be used throughout a child's day at home or in nursery/school.

### How adults can help me

Focus on **what** I am saying more than **how** I am saying it. It's ok to stammer, it's just another way of talking.

Encourage good turn-taking in play and also when you are talking. Try and make sure everyone gets a chance to **speak and listen**.

**Slow** your own rate of talking; it will help me to slow down too.

**When I am finding talking hard**, it is ok to say "that was a bit tricky wasn't it?" That will let me know it is fine to talk about it.

Give me plenty of **time to speak** so I do not feel I need to rush and can **finish** what I want to say.

**Do not finish my sentences for me**. You do not know what I am going to say and it will make me talk faster.

Use **pauses** when you are talking. Taking a break between sentences will give me more time to think about what I want to say.

**Keep looking at me** so I know you are interested in what I am saying.

If I get stuck saying something, **keep calm**, **keep looking** at me and **give me time** to finish what I am saying.

**Do not ask tricky questions**, when I am tired, unwell or excited. Let me play and calm down. Let me just follow my own thoughts. You can join in talking about my toys.

Do not say anything to help, such as, "slow down". It can be hard to think about slowing down when I am already thinking about what I want to say.

Please call the Speech and Language Therapy department on **01925 946 686** if you have any questions.