

Stuttering: Top Tips for Parents

- If the child seems to be aware of the problem (e.g., the child is getting frustrated or giving up) - then it is okay to mention it thoughtfully (discuss this with the parents first), for example: "That was a hard word to say - but well done, you tried your best!"
- Avoid saying the word for the child - it is very tempting to help a child when they are stuttering. But it is better to give him time to finish it for himself.
- If the child is aware and wants to talk about the problem, you might come up with some helpful ideas together. For example, if it is harder to talk when everyone is talking at once, come up with a way to let him know he will get his turn.
- Help him to feel that there is no hurry to finish. Slow down your own rate of talking.
- Please don't tell the child to "slow down" because it is too hard for a child to do so in mid-sentence. By talking slowly yourself, he may slow down on his own.
- Please don't tell the child to "take a deep breath" because it can become part of the struggling to talk.
- Praise the child for the things that he is doing well - try not to focus only on his talking.
- Don't ask questions, one after another. Ask one question and give him time to answer.
- Keep your language simple - this will help the child to keep his sentences simple as well and this can affect fluency.

Reference: Adapted from - "Top Tips for Teachers of Young Children" <http://www.stutteringcentre.org>. Reprinted with permission from The Michael Palin Centre, The Association for Research into Stuttering in Childhood.