



# Speech and Language Therapy

## Stammering advice for parents of under 5s

### What can you do to help?

Many young children experience a phase of stammering. Many of these children will stop stammering after several months. Those children who continue to stammer will need therapy. We recommend that you monitor your child's fluency for 6 months. If, after 6 months, your child is still stammering it is important to seek advice from a Speech and Language Therapist. You can do this by attending a local speech and language therapy drop in.

#### Talking time

Find an activity that is within your child's "comfort zone" in terms of fluency so they experience easy, fluent talking. Activities or games that involve a lot of repetition or rote language are useful. Naming objects / pictures in a book is likely to be easier than trying to say full sentences.



#### Simple language

Use the same sort of sentences your child does - keep them short and simple.

#### Reduce questions

Asking lots of questions can feel like a test. Make a conversation by commenting on what your child is doing and what is happening rather than asking lots of questions.

#### Show you are listening

Show your child you are interested in what he says, not how he says it. Look at him when he talks, then he knows you are listening and won't rush his speech.



#### Slow down

Try to slow down your speech when you are talking to your child. This will help them to feel relaxed. Try to do this instead of telling your child to slow down. Please don't tell you child to take a deep breath- as this can confuse them and add to the problem.