

# Summary of Strategies that help Children who Stutter

Refer to the *Preschool Stuttering – Information for Parents* document for more information or contact the clinician below. Share these strategies with other family members, care providers, and teachers:

***“Talk more slowly, make talking easier, and give the child lots of time”***

## 1. Listen Patiently

- Listen patiently and positively when your child is talking; give him lots of time to finish (this doesn't mean you must drop everything every time your child speaks)
- *Avoid* jumping in to fill in words and advice like “slow down”, “stop and think”, or “start again”
- Never mimic, correct or punish stuttering

## 2. Slow Down the Pace of Talking

- Keep *your own speech* slow and relaxed – take time to pause between ideas
- Try to talk as if someone was trying to write down what you were saying

## 3. Pause before Beginning to Talk

- Wait a second or so before responding to your child to help to calm the pace of conversations
- Pausing reduces the chance of accidentally interrupting while your child is still trying to talk or think

## 4. Model Language that is Appropriate for your Child's Level

- Spend some time modelling language that isn't too long or complex for your child to say easily; practice saying one idea at a time and pause between ideas

## 5. Avoid High Pressure Questioning

- Avoid asking too many questions or asking a second question before the first is answered
- Use questions to help your child to communicate e.g. “did you play outside today?” rather than to test your child's knowledge e.g. “tell grandma what you're learning at school”
- Use comments instead of questions sometimes and WAIT for your child to be ready to talk

## 6. Reduce Corrections

- Avoid correcting your child's speech sounds or grammar for now; your child will learn from hearing your correct model in natural conversations
- Respond positively to your child's talking and ideas as they are; avoid constant “teaching”

## 7. Support Good Turn Taking Habits

- Help *all* members of the family to take turns talking *and listening*; only one person should speak at a time and everyone should get a turn to talk; no one should “hog the stage”

## 8. Make Time for Talking

- Make time each day for talking with your child that is unhurried and undistracted; this is the best way to learn which strategies are most helpful; 5 minutes a day can make a big difference