

How can parents or caregivers help a child who stutters?

Each child is different, and the most beneficial form of treatment will vary for each child. Below is a list of general tips and strategies to try!

STUTTERING TIPS

Do This!

- Remind your child of their smooth speech strategies.
- Allow your child uninterrupted time to share his/her thoughts.
- Talk about stuttering with your student freely.
- Identify and discuss situations or settings where your child may exhibit an increased number of disfluencies.
- Have high expectations from a child who stutters.
- Speak with siblings, friends or classmates about stuttering and how to help your child if they are exhibiting stuttering.
- Try to increase the time in which you are able to give your full attention to your child while speaking.
- Ask your child a question and give them wait time to respond.
- Praise your child when they attempt to communicate, even if they are exhibiting disfluencies.
- Model and use slow speech.

Not That!

- Tell your child to “slow down” or “relax”.
- Complete your child’s sentences or talk for them.
- Avoid discussing stuttering or make it be something to be ashamed of.
- Avoid situations or settings because they tend to increase your child’s chances of disfluencies.
- Lower your expectations of the child who stutters because an activity may be more difficult for them.
- Avoid talking about stuttering with others who interact with your child.
- Drop everything you are doing every time your child wants to talk in order to give them your full attention.
- Ask multiple questions in a row.

