

# Stammering

Stammering is a natural variation in talking. Children might hesitate, stop and start again or stumble over words. They might repeat sounds or words, or use noises like “umm” and “err” while they are thinking about what to say next.

Here are our **five top tips** to help a child who is stammering:

## **1. Be a good listener**

Listen to what the child is saying, not how they are saying it. This helps to show the child that you are really interested in what they have to say.

## **2. Have some ‘Special Time’ together**

Have some quiet one to one time with your child for a five minutes everyday. This gives your child the chance to talk in a relaxed way, even if the rest of the day is busy.

## **3. Keep your talking slow**

Try to slow down when you are talking, and use lots of pauses. This helps your child to slow down when they are talking which can make talking easier.

## **4. Keep your talking simple**

Use short and simple sentences. This keeps the conversation easy. Your child is less likely to use complicated sentences that can make them stammer more.

## **5. Ask fewer questions**

Questions can make us feel like we need to reply quickly, which can be hard if you are stammering. Turning questions into comments helps keep the conversation relaxed. For example, question: “What are you doing?”, comment: “You’re building a big tower!”.



You can check out our video talking about our five top tips to support children who stammer.  
Scan the QR code.