

Stammering

Helping younger children who stammer

Reducing the pressures of talking can make talking feel easier for them.

Here are some ways you can help do this:

Be a good listener

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

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.

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.

Keep 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.

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!”.

Everyone stammers sometimes

Help your child to notice when others find talking harder work. Comment if your words get stuck, or you trip over them.

Share these tips

Make sure everyone your child spends time with has these tips. This will help make talking feel easier wherever your child is.