



Stammering Awareness

Based on
'How to be more Hedgehog'
by Anne- Marie Conway

What I have to say is worth waiting for...

Swindon Stammering Service 2023





We are all unique- no one is quite like us- look around the room and you'll notice things about others that are the same as you but also things that are different. Just like we all look different- hair, eyes, skin, height- our brain's are also all different- no one has a brain quite like yours.... It would be boring if we were all the same

*Because our brains are all different it means we all have different strengths, weakness, interests and tastes and our voices are all completely unique too- as individual as a fingerprint
some people speak smoothly, some people speak loudly, some people, speak quietly, some people have gruff voices, some people have a different accent, some people use words or pictures and some people
STAMMER*

Quiz

Stammering is caused by being nervous?

More boys stammer than girls?

Stammering can run in families?

Speech Therapists fix someone's stammer?

Stammering and stuttering are different things?



Stammering is caused by being nervous?

False- it's neurological, this means it happens in our brain

More boys stammer than girls?

True and 8% of children stammer. In every 100 kids 8 might stammer

Stammering can run in families?

True

Speech Therapists fix someone's stammer?

False- stammering isn't something that needs fixing it is a different way of talking- we help young people feel confident and comfortable to say what they want to say when they want to say it

Stammering and stuttering are different things?

False- stammering is British, stuttering is American but they mean the same thing

What is Stammering?

Stammering is a different way of talking. Everybody who stammers is different

Stammering can sound like

- *Repetitions*
- *Stretching sounds or*
- *Blocking*



Stammering can also be

- *How some-one feels on the inside*
- *Hiding stammering from others because of past reactions*



Stammering is a way of talking that means speech fluency is different. Stammering has been described as like an iceberg- that's because there are parts of stammering you others see (above the water line) and parts that people don't see, below the water line.

*Stammering can sound like repetitions, stretching sounds or blocking
Stammering can mean some people find it hard to*

*Give presentations
Ask for help
Order food in the canteen or restaurant
Ask for something in a shop
Put their hand up in class and answer questions eve though they know the answer
Making new friends
Use the telephone
Joining in with group conversations*

Stammering can also be about how someone feels on the inside. It can affect how

they feel about themselves, feelings like shame, embarrassment, isolation, fear, anxiety and frustration may show up. Some people try to hide their stammer because they feel embarrassed about what others think of them and because of reactions they have had in the past from others around them. Everybody who stammers is different

Famous People



Stammering can be a strength

*People who stammer are often creative, good listeners, sensitive and empathic
(seeing some-one
else's point of view)*

what they have to say can have a big impact and stick in people's minds.

*Stammering people can go in to any job and some people have even become famous
Stammering Actors, musicians, politicians,. Sporting stars, Teachers, speech therapists,
journalists, doctors even a
King*



Find this book in
your school library



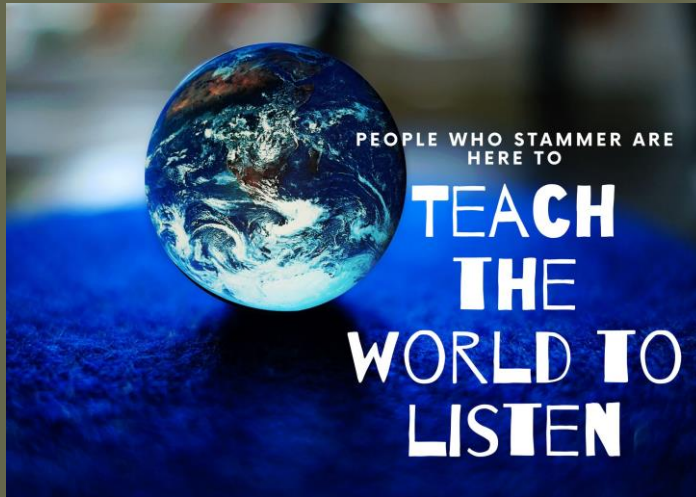
This book is in all Swindon School libraries (and central) This tells a story of Lily a girl who stammers who 'found her brave' to say what she wants to say and show the world her knowledge and love for nature.

What helps?

- **Giving TIME-** Wait for them to say what they need to say
- **BE KIND** Stammering is a different way of talking. Be kind and encouraging
- **TAKE TURNS** Make sure everyone gets a chance to say what they want to say
- **LISTEN** Listen to what they have to say, not how they say it. Show you are listening using your body language.
- **REASSURE** If some-one is struggling with talking, say 'It's OK, I am listening' . Ask what helps them.
- *If you are worried about stammering, talk to someone. Reach out to your parent or a teacher. You can get help if stammering is bothering you*



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Thank you

