



SWINDON
BOROUGH COUNCIL



STAMMERING SUPPORT

Stammering or stuttering affects up to 8% of children.

In many children this will be short lived. Stammering isn't caused by nerves. It is mainly a neurological and often hereditary condition.

Stammering is when your child

Repeats parts of words or sounds e.g. 'mu mu mummy'

Stretches sounds e.g. 'sssstory'

Gets stuck on a sound or blocked

Puts in **extra effort** when talking, you may notice tension in your child's face

Uses **body movement** to get a word out e.g. stamping their foot

Loses eye contact

Tries to **hide their stammer**, by changing words, saying they have forgotten or remaining quiet.

What Helps...

When talking with a child who stammers, you can help by;

- Talking more slowly, you set the pace without having to say slow down.
- Pause before responding to your child
- Give them your full attention
- Ask one question at a time, give them time to answer
- Use short, simple sentences
- Keep natural eye contact
- Listen to what your child is saying, rather than how they say it
- Make sure everyone gets a turn in conversation
- Acknowledge speech difficulties, offer your child reassurance and encouragement


If you are worried about stammering visit our website to get help

Specialist Stammering Service

Speech and Language Therapy
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 www.swindon.gov.uk Swindon Speech and Language Therapy.

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