



Parent Support Sheet

Supporting Children Who Stammer

1. **Liase** - Liase with your child's Speech & Language Therapist & your child's Class Teacher / SENCO.
2. **Talk** - Talk to your child about stammering. Talking openly and gently about stammering can help a child learn that stammering isn't something to be scared about.
3. **Time** – Give your child time to talk. There is no rush to finish speaking. Don't step in and complete what they are saying. Discourage other people from speaking for your child. Encourage an atmosphere of respecting everyone when they talk and listening when it is not your turn to talk.
4. **Focus** - Try to focus on what your child is saying and not how he/she says it. This lets your child know that what they are saying is important, whether they stammer or not.
5. **Take Turns** - Promote turn taking within your family. Encourage all children and adults in the family to wait for their turn to talk rather than interrupting each other.
6. **Self-Confidence** - Build self-confidence in non-speaking activities. Children who stammer may have low self-esteem and low self-confidence. Children who feel they can do things well will have higher self-confidence.
7. **Praise** - Don't forget to praise your child for their efforts.