

Get help
early!

What is Stammering?

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Repetition of
sounds or syllables
or short words

Blocking (i.e.
getting stuck on a
sound).

Stammering is the disruption of the fluency of speech. Stammering can vary from one child to another. If a child is stammering you may notice some or all of the following;

Prolongations of sounds
(i.e. lengthening a
sound).

Stammering and
Stuttering mean
the same thing



If you are worried about stammering please contact Speech and Language Therapy on 01793 466790

Things that help

- Pause for one second before responding to the child. (This will slow things down and give the child time for thought).
- Talk more slowly. (You will be showing your child how to speak slowly, and he will gradually learn this by copying you).
- Use shorter, simpler sentences. Avoid asking too many questions.
- Talk about things that your child wants to talk about. Listen to what your child says rather than how he or she says it.
- Try to spend between 5-10 minutes talking to your child every day. This should be an opportunity to talk with him or her at a time when no-one else needs attention.
- If your child is stammering a lot, you may want to choose an activity that requires less speaking. e.g. Playing a game or reading a story to your child