



Tips and Suggestions

Bullying

Promote an atmosphere that fosters tolerance and acceptance.

Consult with a Professional

Seek advice and/or guidance from a Speech-Language Pathologist who specializes in treatment.

Acceptance

Stuttering is only a part of who they are and will become. Encourage acceptance to decrease negative emotions and thoughts.

Educate

Do research and learn the facts about stuttering. The more you know the more you can help.

Listen to Them

Listen to their perceptions of their fluency and their perspective.

Strategies to Remediate

Reduce the Presence of Disfluency

Fluency Shaping or Speech Modification

Change the timing and tension of production through: rate control, continuous phonation, prolonged syllables, easy onset, and/or light articulatory contact. The use of appropriate pausing is beneficial to intelligibility.

Reduce Tension

Identify the behaviors and tension present during a moment of disfluency. This includes use of pull-out or cancellation to identify the moment before/during/after stuttering.

Reduce Word Avoidance

Limit escape/avoidance by using interjections (uh, uhm) to hide the disfluency. Encourage spontaneous communication.

Increase Acceptance

Desensitization

Encourage facing their speaking fears in a safe environment. This may include voluntary stuttering to work through situations.

Cognitive Restructuring

Changing the thoughts, emotions, and underlying negative thoughts/attitudes about stuttering. This is best paired with desensitization.

Self-disclosure and Support

Telling and teaching others "advertising" their stutter can aid in their communication experience. Support can reduce the feeling of isolation. This includes group therapy, support groups, or activities.



Tips for Parents and Teachers

Reduce your Pace

Speak slowly with frequent pauses, waiting a few moments after they finish speaking. Modeling relaxed speech is often more effective than correcting their speech.

Turn Taking

Limit the number of interruptions or disruptions during the interaction.

Active "Full" Listening

Increase the instances you provide them with your undivided attention during a communication exchange.

Limit Questions

Although it is a common part of communication try limiting asking them one after another and comment on things they've said.

Decrease Time Pressures

Allow them time to respond, allowing pauses and silence during conversation.

Be Supportive

Openly communicate with them about stuttering and challenges or fears in the same manner as other skills.