

Stuttering Do's and Don'ts

Do's

- x Remember that hesitations and repetitions are often a normal part of speech and language development
- x Create a relaxed atmosphere and encourage your child to speak freely .
- x Maintain eye contact when the child speaks and listen to the child attentively
- x Speak slowly to the stuttering child. The child will naturally imitate you and this will help decrease stuttering
- x Take turns to talk. Encourage each person, young or old, to be a good listener and to take turns to talk.
- x Be patient and give the child enough time to complete what he or she is trying to say
- x Spend time playing and talking with your child everyday

Don'ts

- x Don't ask too many questions. It is better to use comment or provide your child with choices.
- x Don't interrupt when the child stutters
- x Don't fill in words or completing sentences when the child is trying to communicate
- x Don't instruct your child to start again when stuttering in mid-sentence or insist that they repeat stuttered words
- x Don't insist that your child speak in front of a group of people
- x Don't correct your child's speech with constant instructions like, "take a deep breath", "relax, not so fast" or "slow down"
- x Don't constantly remind your child to think before speaking
- x Don't draw attention to your child's stuttering
- x Don't talk about your child's stuttering with friends or family, when your child is present

Parents can refer their child to the Halton Region Preschool Speech Language Services Program, from birth to December 15 of their J.K. year, by calling 905-269-0555.

If your child is attending school, parents can contact the Speech Language Pathologist servicing their child's school to discuss any concerns.