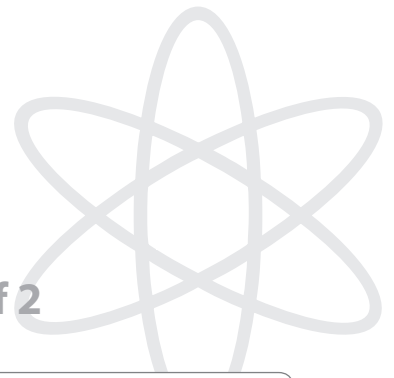


# 'Openness about stammering' handout 1 of 2



## Think

What do I do or say when I notice that my child is struggling to do something (eg, do up his buttons, colour in a picture, use a skipping rope)?

---

---

What do I do or say when my child is struggling to talk?

---

---

People used to think that if you drew a child's attention to his stammering, you would make it worse. There is no evidence for this. In fact, we now think the opposite:

***Children may find it helpful to have their difficulty brought out into the open.***

Some older children who stammer say they thought their stammer was something shameful that they had to hide from everybody. What gave them that idea?

***Being open about your child's stammering may help him feel better about it, and this might stop him from feeling it is something he should try to hide from people.***

## Some things that other parents say

'Some words are really tricky to get out, aren't they?'

'That got a bit stuck, didn't it?'

'Well done, you got there in the end!'

## Openness about stammering **2 of 2**

### Giving my child advice when he stammers

What do I sometimes say to my child when he stammers?

---

---

A natural reaction for parents is to give their child advice when he stammers, such as 'Slow down', 'Take a breath', etc. Such comments can be helpful to some children, but we typically advise parents to be careful about the amount of advice they give their child.

Why might giving advice not be very helpful for my child?

---

---

Is there something I could do with my own way of talking that might help him when he stammers?

---

---