



STAMMERING/DYSFLUENCY PATHWAY

Supporting children up to 7 years old



WHAT IS STAMMERING?

Stammering is a difference in how some people speak. **A person who stammers may:**

- Repeat whole words. E.g. "and-and-and then I left".
- Repeat single sounds or syllables. E.g. "c-c-come h-h-here mu-mu-mummy".
- Prolong or stretch sounds. E.g. "ssssometimes I go out".
- 'Block': this is when the mouth is in position, but no sound comes out.

WHAT CAUSES STAMMERING?

Stammering usually starts when children are between 2-5 years old. This can sometimes happen when children are learning lots of new words and building their language, or when they start nursery. Other children may begin stammering at a later age.

We still don't know exactly why a child may stammer. What we do know is that...

- Stammering in children happens more often when there is a family history of stammering.
- Parents and caregivers **do not** cause stammering.
- Stammering is **not** caused by your family speaking more than one language.
- Children who stammer **do not** stammer because they are anxious or nervous.

1

INITIAL APPOINTMENT

2

PARENT ONLY SESSION

3

BLOCK OF WEEKLY THERAPY SESSIONS

4

PARENTS CONTINUE PRACTICING AT HOME. REPORT WRITTEN BY THERAPIST

5

REVIEW AND FOLLOW UP IF NEEDED

TOP TIPS TO SUPPORT STAMMERING

Try not to use negative language when discussing stammering with or around your child. For example, rather than saying 'his stammer has been worse today' or 'her talking has been bad', you can instead say, 'they have been stammering a lot today'. It's important to help your child see that stammering is not bad, but is a natural part of communication which everyone does at times.

When your child is stammering, **do not interrupt or finish their sentences**. Give them time to finish what they're saying. This will help to build their confidence - they will learn that people are interested in hearing what they have to say.

Avoid giving direct advice when your child is stammering. Rather than saying 'slow down' or 'take a breath', show that you are listening and allow them the time they need to finish what they're saying.

OUR THERAPY APPROACH

Stammering therapy for young children involves parents learning what they can do to support their child's talking. You will talk with the therapist about stammering and learn what you can do to help. We will focus on your child's environment and provide weekly strategies for you to practice at home.

Information taken from:

<https://www.elft.nhs.uk/scyps/our-services/speech-and-language-therapy-early-years/dysfluency-stammering>
<https://stamma.org/about-stammering>

USEFUL WEBSITES

LINKS

STAMMA

- Information regarding stammering therapy and what to expect, courses you can attend, and much more.
- Provides parent groups such as 'Parent2Parent Pull Up a Chair'.
- Provides parent workshops which you can sign up to via email.
- Visit the website via the orange QR code.



Penguin App

- Provides guidance and support through a 10-day in-app course that you can work through in your own time. The course will help you feel secure and confident in supporting your child with their stammer. Follow the green QR code to learn more.



Action for Children

- A stammering support hub with answers to some of the most frequently asked questions about stammering.
- You'll also find helpful tips which have been informed by young people with stammering as well as research and clinicians.
- Visit the website via the blue QR code.



Michael Palin Centre (MPC) - Resources for Parents

- Practical ideas from speech and language therapists, such as how to help your child manage their feelings. MPC also offer a free helpline service that you can call between 9 - 5 on weekdays. Scan the pink QR code to access the website!



CHILDREN'S BOOKS ABOUT STAMMERING

