

SUGGESTIONS FOR TALKING AND INTERACTING WITH YOUR CHILD WHO PRESENTS WITH STUTTERING

1. Promote spontaneous conversation with your child by waiting silently for him to initiate the conversation
2. Read to your child in a relaxed manner that is slightly slower than normal and has a natural rhythm. After you have read a story, discuss what happened. Let him finish sentences in familiar stories or tell them in his own words. Let him do as much talking as he desires.
3. Practice speech skills at the dinner table. Everyone should take turns talking.
 - a. If your child interrupts someone who is talking, he can be told: "When_____is finished, it will be your turn, and no one will interrupt you." This should be applied to everyone (children and adults) in the family.
 - b. We suggest minimizing your child's interruptions.
 - c. You can role play interrupting and turn the taking; the one who interrupts is told to wait.
 - d. If one person's turn is lasting for an unusually long time, tell him it is someone else's turn now and he will have time to talk again later.
4. After a nonfluent utterance you are encouraged to repeat back the content of what your child said. This will help reduce his memory of the nonfluency. In addition, you are showing your child that you are listening to him. (Child: "I went I-I-I went shopping with a-a-a-aunt Mary." Parent: "Soooo you went shopping today," etc.)
5. Try not to convey a sense of time pressure when talking. Behaviors can purposely be modeled to reduce time pressure by your speaking more slowly. Speech should be evenly paced and not contain fast rushes followed by long pauses. "Brisk" turn taking and frequent interruptions also convey a sense of time pressure and should be minimized.
6. Talk openly with your child about stuttering if he expresses a desire to do so.
7. Speak slowly. Use the appropriate names or words for objects and events. Use sentences and vocabulary appropriate for your child's age. This is important so that the child is not frustrated because he may be unable to repeat or imitate more complex words, phrases, or sentences.