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Spraak-Taalterapie

Speech-Language Therapy



STUTTERING

do's:

- ✓ **do:** keep eye contact
- ✓ **do:** listen carefully to your child and to *what* s/he is saying
- ✓ **do:** slow down your talking
- ✓ **do:** take turns when speaking
- ✓ **do:** give your child time to answer one question before you ask the next one
- ✓ **do:** repeat what your child says, without stuttering, so that s/he hears a smooth model of speech
- ✓ **do:** encourage your child to speak as often as s/he wants to, for example, at home and school
- ✓ **do:** arrange quality time during your routine, even 5 minutes, when your child can have your undivided attention in a calm and relaxed atmosphere
- ✓ **do:** treat your child the same way as any other child, especially with regards to behaviour
- ✓ **do:** try to identify situations that make stuttering worse, so that you can help your child
- ✓ **do:** tell your family and friends about stuttering and how you want them to talk to your child
- ✓ **do:** praise your child on days when your child is speaking more fluently

don't's:

- × **don't:** avoid eye contact when your child stutters
- × **don't:** listen to *how* your child is talking
- × **don't:** speak fast and hurry your child to complete what s/he is saying
- × **don't:** interrupt and finish your child's words and sentences when s/he is speaking
- × **don't:** ask too many questions
- × **don't:** force your child to speak/recite to strangers or other family members
- × **don't:** be embarrassed or show that you are upset if your child stutters in front of people
- × **don't:** suggest, "think before you speak; talk slower/faster; wait until you can say it", etc.
- × **don't:** teach your child trick in order not to stutter, for example, deep breaths, finger snapping, etc.
- × **don't:** teach your child to substitute an easy word for a difficult word
- × **don't:** tease or allow others to tease your child
- × **don't:** punish your child or be angry and impatient when s/he stutters