

## Stuttering: Top Tips for Parents

- You may have noticed that your child is more fluent when he is calm, not rushing, and not competing with others to be heard or noticed.
- You may have also noticed his speech is less fluent when he is excited, in a hurry, when he is trying to explain something complicated, or when he is tired, sick, or out of his normal routine.
- Here are a few general ideas to consider:
  - Set aside 5 minutes of one-on-one time with your child on a regular basis, when you are both calm, not in a rush, and will not be interrupted.
  - Think about your child's general well-being and do what you can to support this (e.g., nutrition, sleep, lifestyle demands).
  - Look at your family conversations – do you often interrupt each other or is anyone “hogging” all the talking time?
  - Build your child's confidence by focusing on what he is doing well and praising him for this.
  - Think about your child's language and whether he is trying to use words and sentences that are too sophisticated for him.
- We feel that it is fine to talk about the stutter like you would if your child was having trouble with something else, like riding a bike. After he has finished you could say, “Oh, that was hard for you wasn't it! Well done, you got there in the end!” You don't need to call it stuttering, but by showing the child that you can talk about it may help him feel better about it.

Reference: Adapted from - “Top Tips for Parents” <http://www.stutteringcentre.org>. Reprinted with permission from The Michael Palin Centre, The Association for Research into Stuttering in Childhood.