

Stuttering Do's and Don'ts



Do's

- Remember that hesitations and repetitions are often a normal part of speech and language development.
- Create a relaxed atmosphere and encourage your child to speak freely .
- Maintain eye contact when the child speaks and listen to the child attentively.
- Speak slowly to the stuttering child. The child will naturally try and imitate you and this will help decrease stuttering.
- Take turns to talk. Encourage each person, young or old, to be a good listener and to take turns to talk.
- Be patient and give the child enough time to complete what he or she is trying to say.
- Spend time playing and talking with your child everyday.



Don'ts

- Don't ask too many questions. It is better to use comment or provide your child with choices.
- Don't interrupt when the child stutters.
- Don't fill in words or completing sentences when the child is trying to communicate.
- Don't instruct your child to start again when stuttering in mid-sentence or insist that they repeat stuttered words.
- Don't insist that your child speak in front of a group of people.
- Don't correct your child's speech with constant instructions like, "take a deep breath", "relax, not so fast" or "slow down".
- Don't constantly remind your child to think before speaking.
- Don't draw attention to your child's stuttering.
- Don't talk about your child's stuttering with friends or family, when your child is present.

Parents can refer their child to the Halton-Peel Preschool Speech Language Services Program, from birth to December 15th of their J.K. year, by calling 905-855-2690.

If your child is attending school, parents can contact the Speech-Language Pathologist servicing their child's school to discuss any concerns.