

Stammering Advice Sheet

- Slow down your rate of speech instead of suggesting to your child to slow down
- Provide a good speech and language model to your child
- Ask less questions and give your child sufficient time to respond before you ask the next one
- Listen to what your child is saying not how he/she is saying it
- During the day, spend some time with your child when you can give them your undivided attention, sharing time in a quiet and relaxed surrounding
- Try not to look away from your child whenever they have difficulty talking
- Allow your child to finish what he/she has to say instead of completing sentences for them
- Explain about the importance of turn taking to all family members. Do not interrupt your child while he/she is talking to you
- Help your child to build confidence by praising them and giving positive feedback for everything that they do well
- Providing routine and structure could be helpful
- Sufficient sleep and a healthy diet are equally important

For children learning more than one language:

- In addition to the above, it is helpful to:
- Continue to model the language that you can best provide for your child
- Don't worry if your child switched from one language to the other.
- Be consistent in your choice of words to name objects in a sentence
- Help your child to be a successful in communication
- Use short phrases, gestures and facial expressions to help your child in understanding the word meaning
- Encourage all attempts to communicate
- Use nursery rhymes and stories from your culture and language

You can find further information at <http://www.stammeringcentre.org/>