

If you require this document in an alternative format e.g., larger print, different language etc., please inform one of the healthcare staff.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਦਸਤਾਵੇਜ਼ ਹੋਰ ਰੂਪ ਵਿੱਚ ਜ਼ਰੂਰਤਾਂ ਵਜੋਂ ਵੱਖਰੀ ਢੰਗ, ਵੱਖਰੀ ਭਾਸ਼ਾ ਜਾਂ ਵੱਖਰੇ ਢੰਗ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇੱਕੋ ਸਿਹਤਕਾਰਕ ਕਰਮਚਾਰੀ ਨੂੰ ਖੇਤਰੀ ਕਰੋ।

Polish

Aby uzyskać niniejszy dokument w innym języku lub formacie, np. pisany dużą czcionką, itp., prosimy skontaktować się z przedstawicielem personelu medycznego.

Russian

Если данный документ требуется Вам в альтернативном формате, например крупным шрифтом, на другом языке и т.п., просьба сообщить об этом одному из сотрудников здравоохранения.

Lithuanian

Jei pageidaujate šį dokumentą gauti kitu formatu, pvz., padidintu šriftu, išversta į kitą kalbą ir t. t., praneškite apie tai sveikatos priežiūros darbuotojui.

Kurdish

ئەگەر تۆم بەلگەنامەییە بە شۆنۆزکی تێکە دەخۆزیت بۆ نمۆنە چۆنی گۆرۆخەر، ز مانیکی تێکە هەت، تکلیه پەمکۆک لە کارمەندانی سەرپەرشتی تاندروستی تانگادار بکەرۆه.

The Royal Wolverhampton **NHS**
NHS Trust

Speech And Language Therapy

Does your child sometimes stammer?

A guide for parents

NHS
Direct

www.nhsdirect.nhs.uk

Dial 0845 46 47

Whenever you need health advice and information

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Dr. Hans Clean says "The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure".

Your child's speech and language develops alongside other skills and mistakes are often made along the way. Your child no doubt stumbled when learning to walk; the same kind of 'stumbling' can happen with their talking, and is often called stuttering or stammering.

Children often think much more quickly than they can talk, speak fast or try to use language too complex for them. All these can lead to problems with their talking.

Your child may:-

- repeat sounds / words e.g. c.c.c.cat
- stretch out words e.g. Caaaat
- get stuck on a sound e.g. c.....at

Sometimes their talking is really good!

Everyone has good / bad days. How your child is feeling – tired, excited, scared – can affect his talking. It may be the situation they are in (e.g. at the Doctors) or who they are talking to. Try to reduce the amount of talking they need to do if they are having a bad day.

How can I help?

As a parent you can help your child by making talking pleasurable.

1. **Listen** to what your child says attentively. It is much more important what they say, not how they say it.
2. **Time To Talk** Take turns talking, avoid competition to talk between brothers and sisters.
3. **Praise** your child for everything they do. Build up their self-confidence.
4. **Speak Slowly** Never tell your child to slow down. Model slow talking.
5. **Don't Correct** your child's speech. Don't tell them to stop and start again or finish their sentence. This can be very frustrating.

6. **Questions.** Try to reduce the number of questions you ask your child.

7. **Relax.** Especially if your child is having a bad day. Children will pick up on your feelings and anxiety.

Remember

- Your child is not stammering on purpose. They are probably unaware of doing anything different
- Do not label your child a **Stammerer**
- Tell everyone the child sees how to help. Give them this leaflet to read

Therapist:

Contact details

Speech and Language Therapy Services

The Gem Centre
Neachells Lane
Wednesfield
Wolverhampton
WV11 3PG

Tel: (01902) 444363 (answerphone available outside office hours)

Fax: (01902) 444442

Email: rwh-tr.speech-and-language@nhs.net

Website: <http://www.royalwolverhamptonhospitals.nhs.uk/salt/index.asp>