Speech And Language Therapy

Does your child sometimes stammer?

A guide for parents

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. Caaaaat
- 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 not aware 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