

Manchester Local Care Organisation

Children's Speech and Language Therapy Service

Advice for Parents and Carers:

Helping a Child who Stammers

How you can help:

Do make sure your child gets enough sleep.

Do let your child know that it is okay to stammer e.g. 'that sounded a bit difficult, that's okay you told me everything you needed to tell me'

Do show interest in what your child has to say.

Do focus on your child when they are speaking to you and remove distractions. A good way to do this is by looking at your child when they are speaking and by nodding when they are speaking.

Do wait for him/her to finish speaking.

Don't make the child uncomfortable by telling him/her to 'slow down'.

Don't interrupt your child or finish the sentence for him/her.

Don't force your child to speak, especially in front of people that they don't know.

Stammering- useful websites for parents

- The British Stammering Association (Stamma): <https://stamma.org/>
- Lots of helpful information and advice
- Videos on supporting your child: <https://stamma.org/resources/video>
- Workshops and support group: <https://stamma.org/get-support/>

workshops

- Facebook group: <https://www.facebook.com/groups/stammeringbsa/>
- The Michael Palin Centre: <https://michaelpalincentreforstammering.org/>
- My Stammering Tap video: [https://vimeo.com/239094673?
embedded=true&source=video_title&owner=773664](https://vimeo.com/239094673?embedded=true&source=video_title&owner=773664)
- Stambassadors- video clips of adults who stammer talking about their careers and stammers: [https://actionforstammeringchildren.org/get-
involved/stambassadors/](https://actionforstammeringchildren.org/get-involved/stambassadors/)