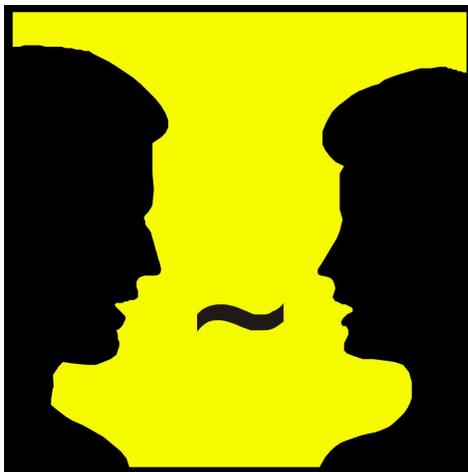




SEND Support Services: Stammering



Age Range: Early stammering onwards

Who can use this: Children/Young
People/Parents/Teachers/TAs

When to seek extra support:

- If the child or young person gets frustrated and/or says they can't talk properly
- If they are withdrawing from/avoiding talking

- If your child is between 2 and 3 ½ and has continued to stammer for a few months
- If there is a family history of stammering

What is it?

Stammering or stuttering mean the same thing. Learning to talk is sometimes not easy and “normal non-fluency” can start from an early age (particularly between the ages of 2-5 years old), it usually looks like this:

- Repeating whole words, like “I I I I want”
- It can mean repeating the start of a sentence like “Can I have can I have can I have a”
- It can cause the child some frustration at the time it happens but this soon passes
- About 8% of children (that's one in every 12) will stammer at some point but they usually grow out of it

SEND SUPPORT SERVICES:



Signs that your child might be starting to stammer can include:

- Stretching out the first sound in a word e.g., ssssssssssay
- Saying part of a word over and over, e.g., “Mu-mu-mu-mu-mummy”
- Showing signs of struggle and tension in the face, squeezing eyes shut, stamping a foot in frustration
- Losing eye contact when getting stuck
- Starting to “hide” their stammer by pretending to have forgotten the word or changing the word half way through

These can still be temporary signs and about 75% of children grow out of it on their own or with some Speech and Language Therapy help.



What can you do to help?

Working with children/young people who stammer can be worrying, here are some things you can do:

- Contact your local NHS Speech and Language Therapy Team
- The British Stammering Association have a super website with links for Parents <https://stamma.org/get-support/parents>
- Teachers: <https://stamma.org/get-support/education>
- Everyday Tips can be found here: <https://stamma.org/get-support/everyday-tips>
- AFASIC also have some really good resources to look at: <https://www.afasic.org.uk/?s=stammering>

SEND SUPPORT SERVICES:

Aesca House, South View, Ashington, Northumberland NE63 0SF, Tel 01670 624802
FACEBOOK: <https://m.facebook.com/speechandlanguageteam/?ref=bookmarks>

Activities to try:



Try not to panic! Maybe keep a record of what you notice, how do they get stuck, how often it happens and if they say anything about it.



Avoid asking lots of questions as they can put a child under more pressure to speak.



Try to slow down your rate of speech a little bit, take a few more pauses.



Pause between sentences, try not to rush and give the child time to think of their reply.



Try to get down to their level and give them eye contact, even when they are stammering.



Try to reduce the amount of questions you ask, instead of saying “what’s that?” try to comment on what they are doing, e.g., “I can see you’ve got a.....”, “I like the.....”

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