

Helping Your Child to Speak Smoothly

Stuttering is when someone repeats some words or sounds when they talk. Here are some ways to help your child with a stutter speak more smoothly.

- **Look at your child** when they talk to you.
- **Do not interrupt your child.** Get everyone in the family to take turns when they talk.
- **Do not draw attention to the stutter.** If they are very “stuck” or getting angry, you



- can ask “do you want me to help or wait?” Ask in a light, cheerful way.
- **Encourage them to talk.** Talk to them whenever you can. It is good for them to have fun talking to you.
- **Give them time.** Wait for them to finish, do not talk for them.
- **Try not to say the words for them.** This may make them feel rushed.
- **Do not ask them to “slow down” or “think about what you are going to say”.** This will make them feel bad about the stutter. They cannot control the stutter.
- **Pay attention to what they say, not how they say it.**
- **Treat each child the same.** Treat your child who stutters the same as others in the family.

If you are worried about your child’s talking or understanding, talk to your doctor about a speech pathology referral.