

Stuttering - Do's Don'ts

Supportive Tips

- Encourage the child to speak as often as they want. Encourage them to participate.
- Give the child time to respond. Show them that you're listening by having an open posture, maintaining eye contact, and providing non-verbal responses like smiling, and nodding.
- Ensure the child is aware that you are interested in what they have to say and that you appreciate them sharing.
- Repeat back what you think the child said to ensure there was no loss of communication.
- When conversing, model good, slow, relaxed speech.

Things to Avoid

- Discourage any teasing about the child's speech.
- Pressuring the child to speak in front of others.
- Interrupting the child when they are speaking to you.
- Don't avoid activities that will be difficult for the child. Avoiding it will reinforce negative speech habits and isolate the child.
- Letting the child know that you are anxious, confused, or unsure of communicating with them.
- Pressuring the child to "slow down" their speech.