

What to avoid:

- completing or finishing off your child's sentences
- interrupting when he is speaking
- asking too many questions that can put pressure on your child
- carrying on long conversations when your child is stuttering
- drawing attention to the stuttering
- telling him to “relax”, “slow down”, “start again” or “take a breath”
- showing your frustration



Where do I go for more information?

- Call your local Health Centre to speak with a speech-language pathologist at the first sign of stuttering.
- Websites
www.bcaps.bc.ca
www.stuttersfa.org
www.stutter.ca



Interior Health

Listen To Me Talk Is My Child Stuttering?



**Speech & Language
Development**

Stuttering facts

- affects 1% of children
- affects more boys than girls
- may begin suddenly or gradually
- usually starts between 2 and 6 years of age when language is rapidly developing
- may increase when child is tired, excited, anxious, or upset
- there may be good and bad days
- it is not contagious
- there is no known cause – but there are ways to help!

What is normal?

- many children stumble over words between the ages of 2 to 6 years
- may repeat words or phrases once or twice
- repetitions are light and easy
- no tension or struggle is present

What is stuttering?

Stuttering consists of one or more of the following:

- multiple repetitions of sounds, syllables or words
- prrrrrooooooollonnngations or stretching of sounds within words
- silent blocks (i.e., your child tries to say something but nothing comes out)

You may also notice:

- changes in pitch and loudness when having difficulty saying words
- awareness of having trouble speaking and may avoid or change words
- tension (e.g., unusual head or body movements)

How can I help my child?

- pay attention to what your child is saying rather than how he is saying it
- be a good model by speaking calmly and without hurrying
- give your child your undivided attention by maintaining eye contact, taking turns talking, and listening patiently
- have some quiet time
- praise your child and boost his confidence and self-esteem by focusing on what he does well