

RESOURCES FOR PRESCHOOL CHILDREN & THEIR FAMILIES

INFORMATIONAL BOOKLET

Our 60-page booklet, ***Young Children Who Stutter: Information and Support for Parents***, provides detailed guidance about how you can help your child who stutters. This is often the first step for parents who are concerned about their child's speech.

FAMILY VOICES NEWSLETTER

A publication created for kids and teens who stutter, their parents, speech-language pathologists (SLPs), and others who support them. Special sections of *Family Voices* are written for and by teens, kids, and parents. Articles address the issues of connecting, advocacy, resources, and education. School-age children, teens, and their parents can learn how to cope with stuttering from each other.

PARENT SUPPORT CHAIN

Connect with other parents through our NSA Parents Facebook Group who have faced the challenge of being the parent of a child who stutters. Search 'NSA Parents' on Facebook.

ASK THE EXPERT

Have your questions about stuttering answered by top stuttering specialists and leaders in the stuttering self-help community.

Phone: 800-We-Stutter

Email: AskTheExpert@WeStutter.org

For more information on how you can help your child, visit us at WeStutter.org. There, you can subscribe to our *Family Voices* newsletter, connect with other parents, and get tips for managing your child's speech.

You will also find valuable resources in our online store, including ***Young Children Who Stutter: Information and Support for Parents***, which emphasizes the importance of early intervention and support for young children who stutter by describing the early signs of stuttering, explaining how parents can help their child at home, and providing an overview of what to expect in therapy and the support parents need to be helpful partners in that therapy process.

When a young child begins to stutter, it can be a scary experience for the entire family. Fortunately, there are many ways you and others can help.

Working with leading stuttering specialists, the NSA has prepared this Top 10 list of steps you can take to support your preschooler through this important time.

By following these recommendations, you will build a solid foundation for making good decisions about your child's speech and language skills, and you will give your child the best opportunity for improving his or her fluency and communication.

As you try these suggestions, remember that you and your child do not have to face stuttering alone. The NSA is here to help!

The NSA is the largest self-help and support organization in the world for children and adults who stutter and their families. Through our family programs, we have dedicated ourselves to providing parents and families with the knowledge, understanding, and hope they need to support children's success in their speech and throughout their lives.



The National Stuttering Association is a 501(c)(3) nonprofit organization. Since 1977, we have dedicated ourselves to bringing hope and empowerment to children and adults who stutter, their families, and professionals through support, education, advocacy and research.

Copyright © 2013. All Rights Reserved.

National Stuttering Association

119 W. 40th Street, 14th Floor, New York, NY 10018

Phone: 800-937-8888 | Fax: 212-944-8244

Email: info@WeStutter.org | Website: WeStutter.org



**HELPING
YOUNG
CHILDREN WHO
STUTTER**

THERE ARE MANY THINGS YOU CAN DO TO HELP, THESE ARE JUST OUR TOP 10

1. LEARN ABOUT STUTTERING

Getting the facts about stuttering can help you understand what your child is going through. The NSA has partnered with leading specialists to provide the most up-to-date information about stuttering research and treatment. The more you know, the more you can help.

2. SEEK ADVICE OF A SPECIALIST

If you are worried about your child's speech, contact a speech-language pathologist (SLP) who specializes in the treatment of children who stutter. Do not wait to see if your child will simply "outgrow" the stuttering. The sooner you get an evaluation, the sooner you can help your child. If you need help locating a specialist, contact the NSA and we can help you find someone in your area.

3. RESPOND TO YOUR CHILD IN AN OPEN, SUPPORTIVE WAY

Many parents have been told not to draw attention to stuttering, fearing this will make it worse. Today, we know this is not true—talking about stuttering will not make your child stutter more. In fact, it can even help! View stuttering just like any other difficulty your child may have when learning a complex skill (like learning to skip or ride a bicycle) and treat stuttering in the same positive, patient, and supportive manner.

4. GIVE YOURSELF A BREAK

Despite what you may have heard, parents do NOT cause stuttering. In fact, by learning more about stuttering now, you are taking positive steps to help your child improve his speech and communication. Your proactive response is supporting your child's success.

5. LISTEN TO YOUR CHILD

Listen to the message your child is trying to communicate, not the stuttering. You can show your child that you are listening by not finishing sentences, not filling in words, or not giving simplistic advice such as "relax, slow down, and take a breath." Encourage your child's development of healthy communication skills by showing him that what he says is more important than how he says it. Reflect what you have heard back to him so he knows that he is understood.

6. REDUCE DEMANDS

As your child develops more advanced speech and language skills, she will experience many demands on her speaking abilities. Reducing the amount of "demand" speech (e.g.: "tell grandma what you did today") can decrease the pressures she experiences and help her communicate successfully, even when she is stuttering.

7. MODEL COMMUNICATION

You provide an important role model for your child's communication abilities. You can use a communication style that is rushed, hurried, or intense—or, you can use an easier, smoother, more relaxed way of talking. Using pauses can help your child learn to speak in a relaxed, unhurried manner. When children experience these easier interactions, they feel less pressure to "keep up." This can help to reduce the tension they feel in their speech.

8. DECREASE TIME PRESSURE

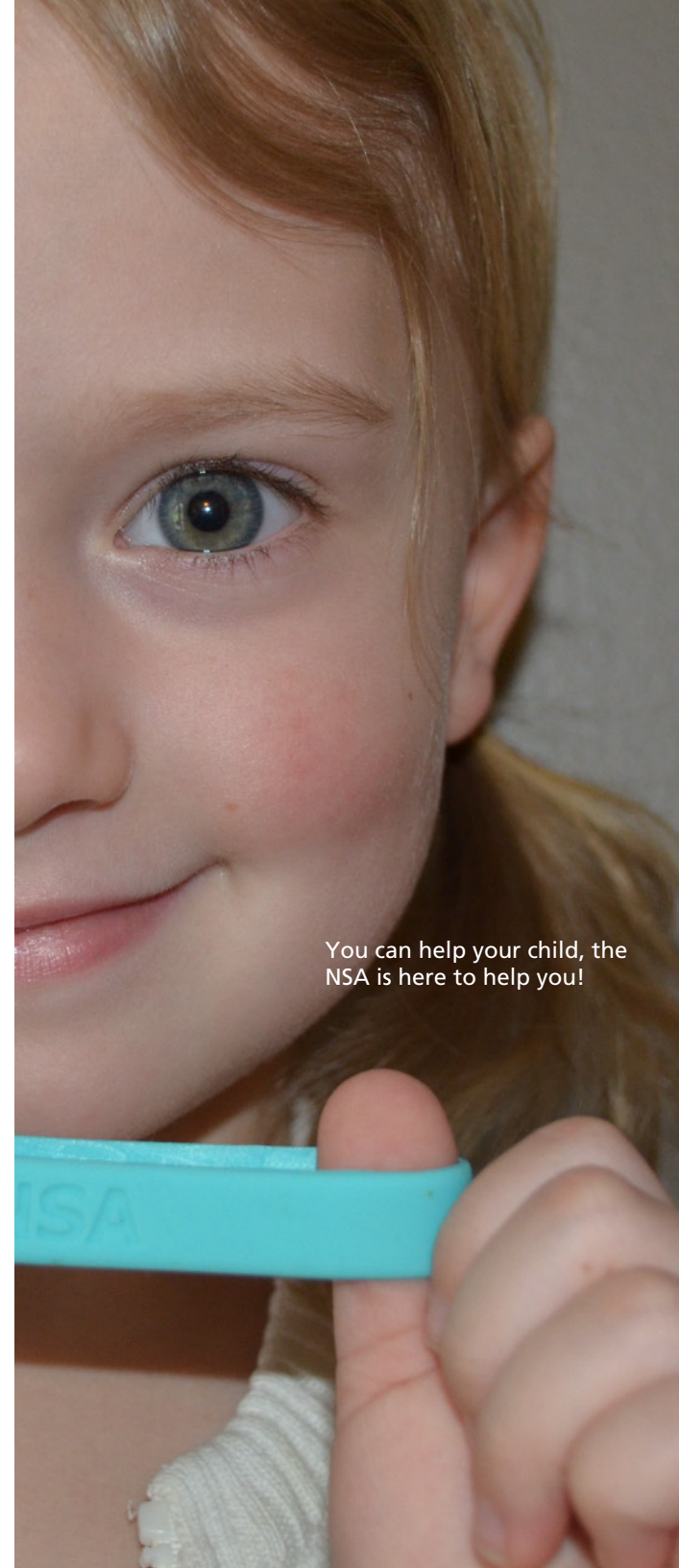
Time pressure is the feeling that we have to act or speak quickly. Too much time pressure makes it harder to do the things we want to do. You can reduce time pressure for your child by reducing interruptions and encouraging good turn-taking in your home environment. Allowing pauses and silence during conversation will help you create an easier, more supportive communication environment for your child.

9. BE PATIENT AND LEARN IN SMALL STEPS

Remember that these strategies take time to learn. Do not feel discouraged if you find them hard at first. You will receive specific training about how to make these and other changes as you partner with a stuttering specialist.

10. GET CONNECTED

The National Stuttering Association (NSA) is dedicated to providing hope, empowerment, and support for you and your child. Through the NSA, you will become part of a community of people who understand stuttering and how to help people who stutter. The greatest gift you can give yourself and your child is the knowledge that you are not alone in dealing with stuttering!



You can help your child, the NSA is here to help you!