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**SIMPLE TIPS TO MANAGE  
YOUR CHILD'S STUTTER**





## Speak with your child in an unhurried way, pausing frequently.

At the same time, try not to sound unnatural.

Wait a few seconds after your child finishes speaking before you begin to speak.

Your own slow, relaxed speech will be far more effective than any criticism or advice such as “slow down” or “try it again slowly.”

*Such simplistic advice can be felt as demeaning and is not helpful*





Maintain natural eye contact.  
Wait patiently & naturally  
until the child finishes talking.



You may be tempted to finish  
sentences or fill in words.  
Try not to.



## Try to decrease criticisms, rapid speech patterns, interruptions & questions

Children speak more freely if they are expressing their own ideas rather than answering an adult's questions.



Instead of asking questions, simply comment on what your child has said, thereby letting him/her know that you have heard him/her.





## Give your complete undivided attention to your child at specific pre-decided times in the day

During this time, let the child choose what he would like to do. Let him/her direct you in activities and decide himself/herself whether to talk or not. When you talk during this special time, use slow, calm and relaxed speech with plenty of pause.

*This quiet, calm time can be a real confidence-builder for young children, letting them know that their parent enjoys their company.*

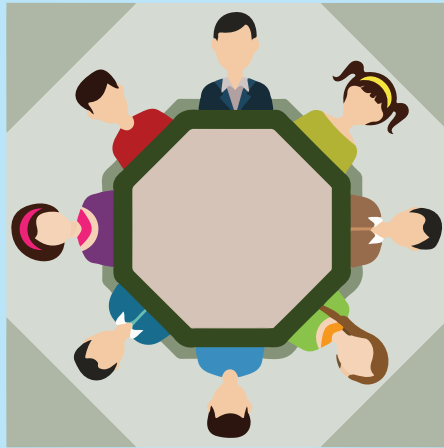
As the child gets older, it can be a time when the child feels comfortable talking about his feelings and experiences with a parent.





**Observe the way you interact with your child.**

Pay attention to not just **what he/she is saying**, but also focus on **how he/she is speaking**. Give the child plenty of time to talk.



**Help all members of the family learn to take turns talking and listening.**

Children, especially those who stutter, find it much easier to talk when there are few interruptions and they have the listeners' attention.



## Be a patient listener to your child, in person and over the telephone

Be aware that those who stutter usually have more trouble controlling their speech on the telephone. Please be patient in this situation.

If you pick up the phone and hear nothing, be sure that it is not a person who stutters trying to start a conversation before you hang up.







Above all, convey that you accept your child as he/she is.



The most powerful force will be your support of him/her whether he/she stutters or not.



**Remember, people who stutter offer the world a unique opportunity to listen.**

# CREDITS

Content created in collaboration  
between Ummeed and Nayi Disha



**Ummeed**, meaning 'hope,' is a non-profit organization set up with the objective of helping children with developmental disabilities or those at high risk for disabilities reach their maximum potential and be included in society.

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#### Nayi Disha Resource Centre

AN ONLINE INFORMATION RESOURCE  
Nayi Disha Resource Centre is an online information resource platform to promote children's development and support families of persons with Intellectual and Developmental Disabilities (IDD).

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