

# Stammering - Key Stage 1 and 2 Help List

Name

DoB:

Class:

Stammering or stuttering is a problem with speech that can occur in childhood and continue into adulthood. Stammering is the repetition of sounds resulting in the word getting 'stuck' (such as 'bu-bu-but'). Children acquire much of their language between 2 and 5 years. Stammering can be a short term developmental problem but can become a lifelong problem. It is important to ensure children who are stammering are given time to speak, think and not be made over anxious about their own speech.

Stammering can be caused by the demands on the speaking, a noisy environment, anxiety, demands to speak well and the eagerness to say what's on one's mind. Dysfluency can occur at any time and easier times will occur so use these easier times to increase language.

## Classroom environment

- Structured routines, job boards
- Calm & quiet
- Plan in singing, rhymes, chants, poetry, speaking with actions
- Vary phonic teaching strategies

## Try to

- Listen carefully
- Listen to what the child is saying, not how they are saying it
- Slow down your own talking
- Respond kindly and uncritically
- Reduce the number of questions
- Offer answers as part of the question. 'Did it happen in the playground or lunch hall?'
- Use closed questions where a yes or no response is required
- Allow the child to finish their sentence
- Keep calm and ignore the stammer
- Speak in easy to understand language
- Help the child understand the emotions s/he is feeling. 'I can see you are really cross.'
- Talk to the child about their stammering, use sensitive discussion, share strengths too
- Encourage lots of friends and social groups to reduce teasing

## Try not to

- Copy or echo the stammered word
- Complete a sentence for a child
- Interrupt a child
- Be sarcastic
- Make a child read alone, ask them to read with another child

Visit [http://www.stammering.org/teachers\\_info.html](http://www.stammering.org/teachers_info.html)