

It's OK to talk about **stammering**

What is stammering?

Stammering is the term used to describe a difficulty in the timing and flow of speech. It can be referred to as stammering or stuttering.

What you may hear

Repetitions: my-my b-b-b-ball
Prolongations: mmmmy ball
Blocking: my b---all

What can pre-school staff do?

When a child is stammering, staff should encourage a parent to contact a speech and language therapist as soon as possible.

- Reassure them that getting words out can be tricky sometimes and that it is a part of their learning.
- Avoid asking complicated questions.
- Allow plenty of time to think and reply.
- Try to set the pace by modelling pauses and slowing your rate of speech.
- Talking to children about stammering will not make them worse. In fact, it can help them overcome the challenge associated with stammering.

Early intervention can help to develop the preschool child's self-confidence and enjoyment of communication whether or not they continue to stammer