Counseling and Parenting:
What Parents Need to Know

Donna K. Cooperman, D.A./CCC-SLP, BRS-FD
The College of Saint Rose
Albany, New York
About Your Child......

- He is not defective.
- She can live a normal, happy life.
- His speech is something he does, not who he is.
- She knows that she has trouble talking, even if she is very young.
And so........

- His stuttering pattern may change over time.
- Stress makes it more difficult for her to talk.
- He probably has a physical predisposition to stutter
As a result.....

- She may need extra time to organize her thoughts before speaking.
- He can learn to control his stuttering.
- She can speak effectively with or without stuttering
About Your Family

Speech doesn’t happen in a vacuum.

All members of a family have an impact on a child’s fluency.

Family members are a child’s strongest advocates.
In addition......

- Their brother or sister’s speech problems affect siblings.

- Family time is a shared experience where family members act with kindness toward each other.

- Family conversation is most effective when one person speaks at a time.
And......

- When one member of a family has a problem, all family members can be part of the solution.

- Family members can provide speech models for each other.
Family members can provide an accepting environment where the message is more important than the way it is delivered.

Extended family members (grandparents, aunts and uncles, cousins) need to know about stuttering so that they can support your child.
About You, the Parents

- You are your child’s primary communication partners.

- You have not done anything wrong.

- Your positive reactions to your child’s speech can help to make talking easier.
Keep in mind…..

- Stuttering is not “bad” behavior. It is a way to talk.

- Fluency is not “good” behavior. It is a way to talk.

- Communication is something we value greatly
We know that.....

- Children who feel empowered to make choices believe that they can change the way they speak.

- Positive self-esteem helps a child to talk without fear.

- Assertive speakers are those who feel that the important people in their lives value their message.
On a final note...

- Teachers want to know what you can teach them about stuttering.