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Stuttering Prevention in the Home Environment - Checklist for Parents

- Reducing speech demands _____
 - Forget the manners for the time being!: try not insisting your child to say "please" or "thank you"
 - Eliminate requests for speech performance ("tell me a story, say the alphabet")
 - Model what you would like your child to say (ie: tell me about.....)
- Listening differently _____
 - Focus on content of your child's message, not how they say it
 - Positively reinforce communicative attempts
 - Whole family follows communication rules: listen to the person speaking
- Slowing your rate of speech _____
 - Try talking as slow as your child talks
 - Model slower relaxed rate of speech
 - Increase pausing in your speech between conversational turns to reduce time pressure
 - Increasing silence: allow more time for silence
- Eliminate Interruptions _____
 - Turn taking while talking
 - Let your child finish talking before you start talking
 - Whole family follows communication rules: only one person speaking at a time, everyone has equal opportunities to speak
- Reducing Questions _____
 - Avoid asking complex WH questions that will require lengthy, complex responses
 - Comment on your own activities, and your child may begin talking about theirs
- Modeling Normal Disfluencies _____
 - Demonstrate that it's ok for speech not to be completely fluent
 - Repeating a word/phrase or using interjections ("Go, *go* get your shoes; I want *um*.milk)
 - Your clinician will teach you how to do this (what types of stuttering to model)
- Talk Time Activities _____
 - Allow your child to select the activity and follow their lead – be less directive
 - Talk and play with your child without demanding responses
 - Commenting on your play activity: minimize questioning