



How to help a child who stammers

- slow down your rate of speech but don't tell your child to slow down
- allow them to speak at their own pace
- use lots of pauses in your own speech to give the conversation a relaxed pace
- ask one simple question at a time and give your child time to answer
- go down to the level of your child so that they can see they have your attention
- don't interrupt or ask your child to stop, slow down or to start again

Useful website

www.stammering.org.uk

How to help a child with mutism

- try to discover the cause of any anxieties and work on building up self-confidence by being very positive
- give your child opportunities to contribute without needing to talk. Use objects, symbols and photographs to communicate.
- give lots of praise
- encourage your child to play alongside other confident speaking children
- set aside a "safe area" which is calm and quiet where your child can relax when anxiety starts to build up
- provide your child opportunities to record their voice away from others – removing the anxiety caused by speaking in front of other people

Remember - children with mutism can hear everything that is said so make sure everyone is always respectful around them.

Useful website

www.gosh.nhs.uk