



PARENT & CARER WORKSHOP

**Topic: Understanding Stammering:
Practical Support for Parents / Carers-
Learn, share, and support your child's
journey with stammering.**

This workshop aims to cover:

- What is stammering/fluency?
- Understanding the **nature of stammering** and **how it presents** in children and young people.
- **Factors influencing fluency.**
- Exploring what can make speaking easier or more challenging.
- **Practical strategies** to help language development, environmental considerations and discussions about feelings towards stammering.
- **Signposting** to trusted resources and professional help if wanted.
- An opportunity for **group discussion** or to **meet other families** in safe space to share experiences and ideas.

Date: 18th
February 2026

Time: 12-30-
2.30pm

Location:
First Floor
Cantium House
Railway
Approach
Wallington
SM6 0DZ

Please sign up on
the Cognus
website where
you can find here:

<https://www.cognus.org.uk/services/cognus-therapies/training-and-workshops/parent-training/>

OR

via our photo link



Don't forget to also check out our other training on:
Emotion and sensory regulation, language
development, functional life skills & independence