

## Speech and Language Therapy Service in Hackney

Young people who stammer in Hackney can access advice from Speech and Language Therapists.

### Who to contact

Pre-school children can be seen by a Speech and Language Therapist in the Early Years Team at nurseries or in Children's Centres.

Children and young people who are full-time in Hackney schools are seen by their school's Link Speech and Language therapist and can be referred via the school's SENCO or their GP.

### Our contact details

Children's Integrated Speech and Language Therapy Service for Hackney and the City  
3rd Floor, 6 Orsman Road, N1 5QJ  
Tel: 020 7683 4262  
huh-tr.sltinfo@nhs.net  
Web: [www.gethackneytalking.co.uk](http://www.gethackneytalking.co.uk)

### Further Information for parents, professionals, children & young people:

Action for Stammering Children-  
<https://actionforstammeringchildren.org/>  
Stamma  
<https://stamma.org/>  
Michael Palin Centre  
<https://michaelpalincentreforstammering.org/>

"Thank you for your compassion and understanding. The knowledge you gave me will continue to help us as a family to communicate better. The transformation in Aidan's confidence has been amazing."

Parent of a child who stammers

# Stammering

## Information leaflet



## Stammering, stuttering, dysfluency?

The terms stammering, stuttering and dysfluency all mean the same thing, and are used to describe:

- repeated speech sounds e.g. "b-b-b-b-because"
- repeated whole words e.g. "the-the-the-ball is red"
- prolonged or lengthened sounds e.g. "yyyyyyesterday I went..."
- blocked sounds, where the air is stopped and there is struggle to start and move through the word.

A person who has a stammer may also experience muscle tension in their face and body, disrupted breathing and reduced eye contact as a result of their stammer. Stammering can impact on a person's confidence speaking and interacting with others, and their emotional health.

### Stammering in childhood

Learning to talk, like learning to walk, is never a completely smooth process. Many children stumble over words as they learn new ones, express new ideas and learn to make longer sentences. It is common for children between the age of 2- 5 years to go through a period of stammering during this stage of rapid language development.

Many children achieve normal fluency within a few months of starting to stammer. Others may need some help.

### Persistent Stammering

Research suggests that there are some genetic risk factors involved in persistent stammering.

Around 1 in 5 children who begin stammering in childhood will continue to stammer into adult life

Research has shown that early intervention can improve outcomes for children who have a persistent stammer.

If you're concerned, it is advised that you seek advice from a Speech and Language Therapist.

## Understanding Stammering

The experience of stammering is different for each person who stammers, and influenced by many different factors such as a young person's temperament, and their communication skills .

A Speech & Language Therapist can help parents understand their child's stammering, and identify ways to support.

### What can help a child/young person who stammers?

- Avoid asking the child/young person to slow down or take a deep breath as this may only be helpful for a moment or two.
- Slowing down your own rate of speech can help a person who stammers feel less rushed.
- Give a young person enough time to finish what he/ she is saying.
- Look at the child/ young person when she/ he talks and show that you are interested.
- Try not to ask too many questions. Give time to answer one question before you ask another.
- Support turn taking in conversations to reduce the competition for talking time.
- If he/she is aware of their stammer give them opportunities to talk about stammering and ask how they would like you to respond when they stammer.
- Remember to praise the child/ young person for the things they do well (not talking related) to build their confidence.
- At home, it's helpful for parents to try and find some time during the day to give the child/ young person their undivided attention in a calm and relaxed setting.
- At school, it is important to ensure any related bullying or teasing is dealt with immediately.