

# FLUENCY

**Parents and Guardians:** Below you fill a variety of activities you can have your child work to help with their fluency and perception of their speech. A few tips for you to help your child speak more easily include using a slower rate of speech or increasing the pauses between words and speaking turns. Be sure not over-exaggerate this reduced rate; keep it as natural as possible. Another strategy is to reduce rapid questioning and replace it with comments, open-ended questions, or observations. Lastly, try to make an effort on listening to *what* your child is saying rather than *how* he/she is saying it.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Tell someone that you stutter and what that means to you.	Create 5 sentences about your personal information (“My name is ___. I am ___ years old.”etc.). Practice saying these sentences freely.	Sit together as a family. Hold something that represents a turn to talk (i.e, microphone, wooden spoon). Pass this around and take turns talking about a shared experience.	Make a positive mantra about your stuttering. “I can speak freely.” “My words matter.” “It does not control me.” Say this to yourself 10 times.	Practice breathing strategies. <a href="https://www.healthline.com/health/breathing-exercise">https://www.healthline.com/health/breathing-exercise</a> has a variety of breathing excercises to reduce stress.
WEEK 2	Interview a family member. Find out about their favorites- Food, sport, color, animal... Did you stutter? Did it matter?	Tell about a tv show that you watched or a book you just read.. Use appropriate volume, eye attention, and body language. Did they understand the story? It is okay to stutter as long as you get the message out.	Talk about how stuttering makes you feel. Talk about how they can help you.	Discuss the strategies that you have been using in speech; slow speech, stretchy speech, syllable timed speech, etc.	Play a game of 20 questions or “I spy.” All players need to slightly slow down their speech. Did this help you speak more freely? If so, why? Is this something that can be incorporated into other family time?
WEEK 3	Call a family member by phone. Tell them that you might stutter and that it is okay. Try to ask 2+ questions and make two follow up comments.	Have your family stutter on purpose. Give everyone a type of stutter: block, prolongation, repetition. Tell a story or make comments while stuttering on purpose.	Talk about your speech anatomy and their functions. What does your tongue do? Lungs? Brain? Teeth?	Practice tension and relaxation. Starting from the top of your head to your toes... tighten each muscle and then relax them. Feel the difference.	FaceTime a friend. Try to use good eye attention and make comments about what they are saying or what you see happening. Did you stutter? Was it okay? How do you feel?