

How can *stuttering* affect academics & the school setting?

Reading Fluency: When testing a student's reading fluency rate (or the speed at which he/she reads aloud), the results should be interpreted with caution if the student stutters. Restarts or repeating of words may be due to the student's stuttering, not necessarily because he/she has difficulty with reading fluency.

Speeches & Oral Reports: When a student who stutters has to get in front of the class to speak, it can produce a significant amount of anxiety, which may make the stuttering worse. Instances of dysfluency may extend the student's prepared remarks past an assigned time limit.

Social Interactions: Stuttering can cause some students to withdraw and/or try to avoid speaking in class or with peers.

What should I do?

- Give your student the same opportunities to speak and share his/her thoughts as everyone else.
- Be patient. It may take a while, but let your student speak for him/herself.
- Try not to fill in words or finish sentences for your student.
- Maintain eye contact while your student is speaking.
- Let your student know that you are listening by your manner and actions.
- If working on a speech or oral report, ask the student privately what he/she would prefer. For some, it is easier to go first and get it done, while others may prefer to go in the middle of the class or last.
- Handle any teasing about your student's speech the same way you would handle any other type of teasing.

How to Promote Speech & Language Skills

While Having Fun!

Many activities your child already enjoys can encourage and build speech and language skills! Board games and certain apps provide practice with skills such as turn taking, social skills, expressive language, vocabulary, describing, and grammar, as well as provide opportunities to practice articulation (speech sounds) and fluency.

Suggested Board Games:

Scattergories: This game allows for practice of naming items in categories. Rapid naming tasks such as these help build and strengthen connections in the brain to connect concepts and ideas.

Ked Bandy: This game is great to focus on a variety of language goals! It includes such tasks as describing, asking/answering questions, and vocabulary. To add difficulty, make your own cards – you can add such things as famous people, family members, school subjects, body parts, countries/states, animals, etc.

Apples to Apples: This game is perfect to focus on skills such as word relationships, describing, comparing/contrasting, and vocabulary. There is both a junior and adult version available.

Guess Who: This is a great game to work on reasoning, describing, asking/answering questions, and vocabulary.

Ronys Story Cubes: These cubes allow you to build your own stories, so you can focus on such things as grammar, building vocabulary, expanding sentences, telling a story in the appropriate sequence, and so much more! For extra practice, write down the stories that you create, and have your child draw pictures to go along with it.

Connect Four: This game is great for students working on speech sounds – have your child say a word or sentence with his/her target sound correctly before taking a turn.

Suggested Apps:

Toon Tastic (free with optional paid upgrades; for iPad): This app allows you to make your own animated films. You can draw your own set and/or characters, or use ones built into the app.

Super Super Story Maker (free with optional paid upgrades, for iPad): Similar to Toon Tastic, this app allows you to make your own story book.

Both of these apps provide great practice for language skills such as grammar, turn taking, social skills, sequencing, and vocabulary.

Mad Libs (free for iPad, iPhone, & iPod Touch): This app is a great way to work on grammar and parts of speech. The old fashioned paper and pencil version works, too!

Classify It! (free for iPad and iPhone): This app targets categories, similarities, & differences while allowing your child to learn about different animals. Various levels of difficulty.

Talking Tom (free for iPad, iPhone, & Android): This app is good for targeting specific speech sounds – have your child say his/her target sound in words, phrases, and/or sentences, and listen to Tom repeat them; then, decide if it was a correct or incorrect production of the sound. (Tip: Turn off some of the “extra” features in the settings to focus solely on speech.)

Fluency

Home Practice

Practice at least one activity per day.
Check off a box when you have
completed the task.
My fluency strategies:

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Act It Out

Act out a scene from your favorite movie, show, or game. Say your lines with your fluent speech.



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Play-Doh Speech

Make Play-Doh creations to demonstrate smooth and bumpy speech. Make a smooth snake and a bumpy snake!



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Reading Practice

Pick your favorite book to read. Retell the story to a partner using fluent speech.



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Guessing Game

Have your partner think of an animal or character for you to guess. Use your fluent speech to ask questions.



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Board Game Fun

Play a board game with a partner. Take turns talking using fluent speech.



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Arts & Crafts

Draw or paint a picture and describe it to a partner using your fluent speech.



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Be The Teacher

Teach your partner about your fluency strategies. Show how to make smooth and bumpy speech.



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SPEECH PRACTICE ON-THE-GO & AT HOME

Car rides to the grocery store or your morning commute provide many opportunities to practice language and articulation skills in a fun and easy way. Get in the habit of practicing every time you're in the car to establish a routine of consistent speech and language practice. Providing your child with fun, engaging activities in the car is a great way to make practicing target skills more enjoyable.



SEQUENCING: Prompt your child to sequence the events for the day by using transition words. For instance, "first, we will go to the library. Then, we will go to the park." In addition, you can sequence the event before pulling out of the driveway.

COMPARING AND CONTRASTING: Practice identifying similarities and differences between 2 vehicles or houses. For instance, "that house has a red door and this house has a brown door. Similarly, both houses have windows."

VOCABULARY: You can also discuss new vocabulary words like: construction, intersection, traffic, pedestrian, engine and more!

FOLLOWING DIRECTIONS: At each red light, give your child a 2-step direction to follow. For example, "clap your hands, then touch your nose."

RECALLING EVENTS: Prompt your child to recall events from their day, even if it is as simple as, "Tell me about your favorite part of the day." If your child responds with one word, encourage them to elaborate.

DESCRIBING: Practice describing the items that you see on the way to your destination by playing "I Spy." You can encourage your child to tell you the category, function, parts, etc. Also, you can describe an object and have your child guess the object.

CATEGORIZING: Encourage your child to list items in the category you name (i.e., transportation, restaurants, plants, thing you see at the park, things in the sky, etc.)

FIGURATIVE LANGUAGE: As you're listening to music on the radio, discuss the figurative language that you hear in the songs.

WH-QUESTIONS: Ask your child a variety of wh- questions (who, what, when, where, why) and encourage them to ask you questions about your day. For example, "Who did you play with at recess? What did you eat for lunch? When is your library book due?"

ARTICULATION: You can also create a sound book. Help your child make a book of words and pictures that contain his/her target sound. For example, put one target word on each page and review the book while driving to school or the grocery store.

Where can I learn more?

<i>Website</i>	<i>Details</i>
www.asha.org/public	The American Speech-Language-Hearing Association (ASHA – the national organization for SLPs) is a wonderful resource for information about all speech and language disorders and treatment.
identifythesigns.org	A great website that has information about different signs and symptoms of various communication disorders.
www.home-speech-home.com	Home Speech Home is a website run by two SLPs. Check out the menu on the left side of the page for information about normal speech & language development, as well as information about many different child speech & language disorders.
www.understood.org	A parent-friendly site that covers a variety of learning and attention issues, as well as resources to help clarify the IEP process and special education services.
www.stutteringhelp.org	The Stuttering Foundation has great resources for students, parents, and teachers.
www.autism-society.com	The Autism Society has lots of helpful information for parents and teachers about autism.
successforkidswithhearingloss.com	This website has resources for both parents and teachers about hearing loss.