

May 13, 2015



MAY IS SPEECH AND HEARING MONTH: Helping young children who stutter.

The Language Express Preschool Speech and Language Program helps children with many types of speech, language, social communication and literacy difficulties. This May, we are highlighting dysfluency (also known as stuttering). Stuttering is more common in boys, and in children whose language skills are either delayed or advanced for their age.

In their preschool years many children go through periods of stuttering, especially when they are tired, excited, or upset. These periods may come and go, and most children grow out of them. Here are some suggestions for helping your child get through these periods:

- Speak slowly yourself, but don't tell your child to slow down.
- Give your child lots of time to finish what he is saying. Try not to interrupt or finish his sentences.
- Do not draw attention to your child's stuttering. You don't want your child to start trying to not stutter, as this can make her speech worse.
- Make sure your child gets a turn to talk: Give everyone a turn to talk at the dinner table or in a group of children.

Some children will not grow out of their stuttering. For them, it is important to begin intervention as early as possible. Here are some signs that you should take your child to a speech-language pathologist:

- Your child repeats parts of words or single sounds.
- Your child's speech is accompanied by signs of tension or struggling, such as clenching fists, blinking eyes, or visible tensing in the mouth or neck.
- Your child's speech seems to get blocked completely sometimes, with no sound coming out.

Request an assessment if you are not sure about your child's stuttering. Even if treatment isn't necessary, the speech-language pathologist will be able to analyze your child's speech and answer your questions. For more information, check out the Language Express website at www.language-express.ca/, or call us at 1-888-503-8885.

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For more information, please contact Catherine Robinson, Language Express Coordinator, at 613-283-2740, x2260 or Susan Healey, LGL Health Unit Communications Co-ordinator, 613-802-0550