

Hey...it's ok to stammer
Supporting variations in the way we talk

Children's Speech and Language Therapy

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I have children who stammer in our school – how do we support them?

The children we have spoken to about this project feel that this is a positive step in raising awareness that we are all different and that it's ok to stammer, however we are aware that there is potential for some children who stammer to feel uncomfortable with this project, particularly if they haven't spoken about stammering before or are concealing their stammering from others.

The parents we have spoken to were also supportive of this project but said they would want to know that discussions about stammering were taking place in school so they are able to offer the right support to their child at home.

We recommend that you download the letter to parents and send to all of your families. This enables parents of children who stammer to chat to their children and make an informed choice about what's right for their child. It also means that if there are children who hide their stammer at school, parents can let the class teacher know so they can be supported in school.

If you are already aware that a child stammers, you may want to contact the parent before you talk to the child. This should be done before any classroom discussions take place so that you can consider their wishes about whether they want to participate. They may want to sit out, or they may want to be part of the project and talk about their stammer.

We anticipate that the project will be well received by children who stammer and their families, however if you have concerns about a specific child, we would be happy to support any conversations you may need to have. Please don't hesitate to contact us for more advice or support using the email contacts below.

We really hope you will support this project as pro-actively as you can. We know from talking to adults who stammer that their childhood experiences often continue to affect them as adults, in terms of their mental health, academic success and work prospects. With that in mind, we hope that this project will support schools in changing the perception of stammering and so provide a happier school experience for children who stammer.

If you have any questions, contact

Nicola.maddy@swyt.nhs.uk

Or helen.cooper@swyt.nhs.uk

Thank you in anticipation of your support

Did you know?

You may be surprised to know that when we spoke to children about this project, they wanted us to let schools know that it isn't only other children who need to learn about stammering. They told us that some adults don't understand stammering either. They also said that sometimes staff don't take teasing seriously. We hope that by talking about stammering, we will start to change perceptions about stammering and say 'hey...it's ok to stammer'