



Children's Speech and Language Therapy

Advice: Older Children and Young People who stammer



Useful websites

- www.stamma.org Look at the 'Your voice' section (people talking about their experiences of stammering)
- www.michaelpalincentreforstammering.org
- www.actionforstammeringchildren.org (Look at stambassadors page: people talking about their jobs and how stammering has affected them)

What is stammering?

- Stammering/stuttering mean the same thing.
- Stammering is neurological. This means the brains of people who stammer are different to the brains of people who don't stammer.
- Stammering is not caused by nervousness, lack of confidence or lack of intelligence. This is just a myth.
- Stammering is sometimes viewed negatively by other people. This is often because they don't know about stammering. They may laugh, say something hurtful or imitate your speech. It can also be more subtle, for example, finishing off a word as you are stammering or looking at you in a funny way. These reactions may affect how you feel about yourself or your stammering or make you feel that you need to hide your stammer from others. This might cause you to change words, not say as much as you want to or not bother to talk at all. These are natural ways of coping but we know they don't always help in the long run.
- Stammering is a different way of talking, it is not bad or wrong.
- Stammering is variable – some days you will stammer more than others
- It is not your fault!!

Thoughts/feelings about stammering

- Having a stammer can sometimes be hard.
- It can be accompanied by a range of different thoughts and feelings (which other people often know very little about). Some people say that they at times they feel sad, angry or anxious about stammering.
- This can affect your behaviour, for example, you think that someone will laugh if you stammer as you answer a question in class > so you decide not to bother answering.
- Therapy can help to support and empower children and young people to communicate to their full potential and say what they want to say, when they want to say it, without fear or struggle.

Telephone: 01226 644331 (answer machine available)

Email: barnsley.speechtherapy@swyt.nhs.uk

Website: www.barnsleyspeechtherapy.co.uk

Facebook: @Barnsley Specialist Children's health

Twitter: @BarnsleySCH

Youtube: <https://www.youtube.com/c/Barnsleyspeechandlanguagetherapy>

With all of us in mind.

Things to remember

- Your voice is acceptable and valuable!
- It is okay to stammer!
- You can be a good communicator and stammer!
- You can achieve whatever you want to achieve! (Take a look at the websites, above for inspiration).
- You are not alone. Up to 8% of the population stammer.

Watch our YouTube videos about stammering: (Barnsley Speech and Language Therapy)

(Open the camera on your phone and hold over this square to get link)

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The young people of Barnsley have told us.....



It doesn't change who you [are]... [It's not] representative of your character

The majority of people don't understand it

Remember your stammer isn't a bad thing or a negative thing and needn't affect anything you want to do in your life

Educate the people who make unnecessary comments about your stutter!!!!!!

...be on the look out to test yourself... e.g. presentations, ordering through the drive-thru, speaking in front of multiple people, asking a stranger what the

Even though [speech therapy] can be tough, you feel so much better about it afterwards!!

Speech therapy is very challenging depending on if you want to make a differenceThe more you push yourself out of your comfort zone, the more positive changes you will see.

It is important to know that speech therapists are far from judgemental and will support you always so don't feel discouraged from giving it a go and opening up!!

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Advice for other people (parents/carers, teachers, friends):

Don't judge someone for stuttering, they can't help it as people with a stammer are neurologically different to people who don't stutter. Saying spit it out isn't going to change anything.

Support anyone who stutters as it's a hard task to deal with on a daily basis

Ask the person/talk to the person [about how you can best help]

Be patient and don't try to finish off their sentences as it is an underwhelming feeling when you can't finish what you wanted to ideally say

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