

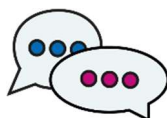


Children's Speech and Language Therapy
Stammering Advice for Young People



What is stammering?

- Stammering and 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 variable – some days you will stammer more than others. Some adults who stammer said that on the days when there was little or no stammering, they thought and hoped that their stammering had stopped, but it then came back again. There is no cure for stammering, so knowing that it is variable can help.
- Stammering is not caused by nervousness, lack of confidence or lack of intelligence. This is just a myth.
- Sadly, stammering is sometimes viewed negatively by other people. This is often because they don't know about or understand stammering. They may laugh, say something hurtful or imitate your speech. Reactions can also be more subtle, for example, finishing off your word or looking at you in a funny way. These reactions may affect how you feel about yourself or your stammer, or make you feel that you need to hide your stammer from others.
- Some people who hide their stammer may change words, not say as much as they want, or not bother talking at all. They are all 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.
- It is not your fault!



Thoughts and feelings about stammering

- Having a stammer can sometimes be hard.
- It can be accompanied by a range of different thoughts and emotions (which other people often know very little about). Some people say that they can feel sad, angry, embarrassed, ashamed or anxious about stammering.
- It may affect your behaviour, for example, you think that someone will laugh if you stammer if you answer a question in class, so you decide to avoid answering.

Therapy

- Therapy can help to support and empower you to communicate to your potential and say what you want to say, when you want to say it, without fear or struggle.
- It can help you feel more comfortable and safe to stammer, develop more positive attitudes to communication, and build your knowledge and confidence in knowing how to help yourself. This can reduce the negative impact that stammering may have.

Things to remember:

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

Watch our YouTube video about stammering:



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

Useful websites

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

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/Barnsleyspeechandlanguage therapy>

With **all of us** in mind.

The young people of Barnsley have told us:

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

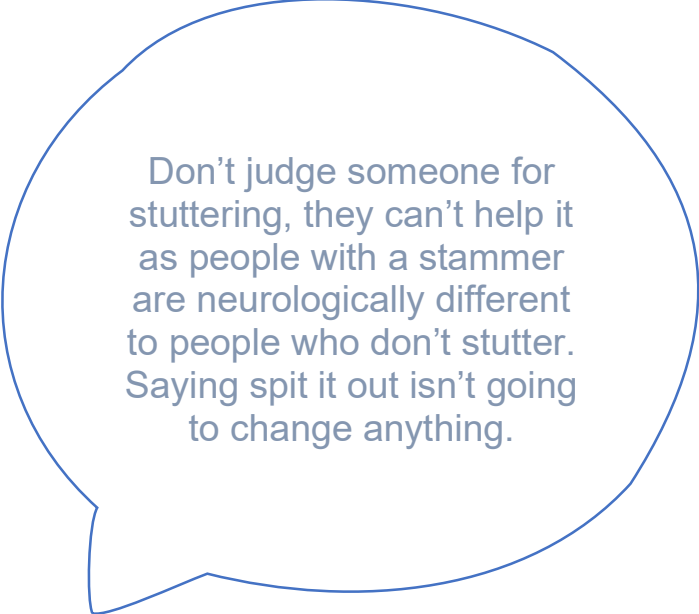
The majority of
people don't
understand it

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!!

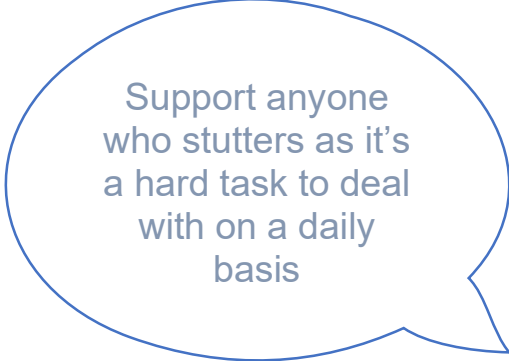
Even though
[speech therapy]
can be tough,
you feel so much
better about it
afterwards!!

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

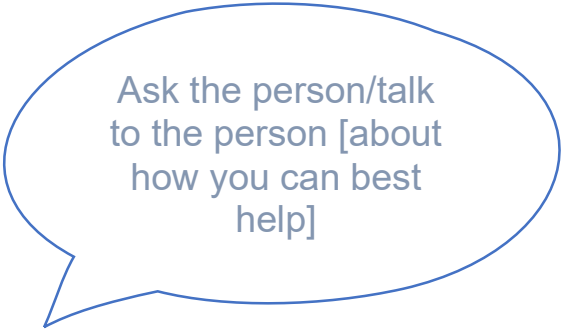
Advice for other people (parents/carers, teachers, friends):



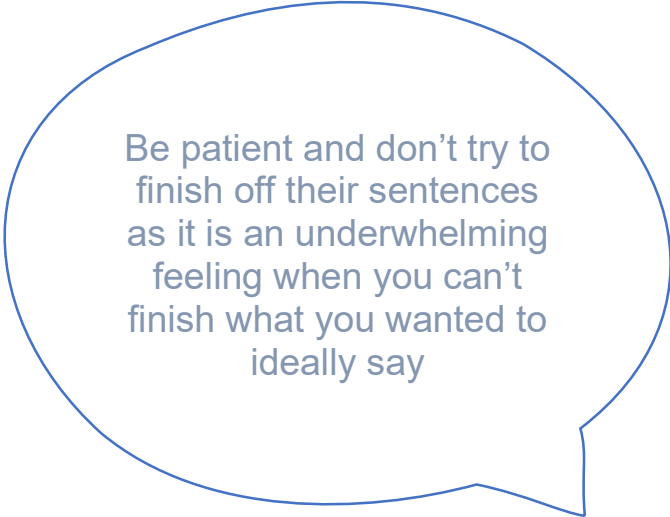
Don't judge someone for stuttering, they can't help it as people with a stammer are neurologically different to people who don't stutter. Saying spit it out isn't going to change anything.



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