



Chatterboks Speech Therapy, P.C.

Stuttering Treatment Home and Family Information

The Lidcombe Program is a behavior-based treatment program for children who stutter. This program is highly dependent upon consistent feedback to the child who stutters from all family members and caregivers who wish to participate in the home program. Family can include parents, grandparents, siblings, extended family who the child sees frequently and other close caregivers.

Here are a few important factors that all family participants need to know:

What it means to stutter:

- When a child stutters they may repeat a sound, syllable or word many times.
 - Usually more than 2 times, like “di di di di did you get the paper?”
- They may say “uh” or “um” many times before they begin a sentence.
- They may pause for a few seconds before starting to talk, like they are stuck.

How you can help reduce frustration, increase confidence and reduce stuttering:

- **Let the child talk.** Children are usually very aware of how others perceive their speech. They need to feel confident that they can speak for themselves, even if they stutter. Please do not try to help the child by finishing their sentence, this can be frustrating for them and does not help them work through their bumps to get to the smooth speech.
- **Stay positive.** Most of what a child says is actually smooth talking. We want them to know how great their words are when they do not stutter. Frequently, not constantly, when you hear a word, phrase or sentence that is free of all stuttering, tell them how great it was. Ex:
 - “that was smooth talking”
 - “nice words”
 - “I like your smooth words”
 - “wow that was really great talking”
- **Be sure you are consistent.** If you are not sure if there was a bump, don't say anything. Give positive feedback when you are very sure there were no bumps.
- **What type of vocabulary to use:**
 - We use the concepts of BUMPY for moments of stuttering and SMOOTH for all words, phrases and sentences that are free of stuttering. Please try to use the word 'smooth' when you praise the child. Initially, all talk at home is about smooth speech. Both parents will be trained by me how to carefully talk to the child about bumps once the program is fully established.

Please let me know if you have any questions!

Kristin Wells

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