



Stuttering: A Parent's Guide



Copyright © 2024 Inspire Allied Health and Education Group PTY LTD.

All rights reserved.

The content of this information, including but not limited to all text, graphics, images, and other materials, is owned by Inspire Allied Health and Education Group PTY LTD and is protected by Australian copyright laws and international treaty provisions. This information is licensed for use, not sold. Unauthorised reproduction or distribution of this program, or any portion of it, may result in severe civil and criminal penalties, and will be prosecuted to the maximum extent possible under the law.

For permissions requests, please contact

Rebecca Garnsey @ rebecca.garnsey@inspireaheg.com.au

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

Camden NSW 2570

Australia

Disclaimer:

The information provided by Inspire Allied Health and Education Group PTY LTD has been designed by allied health professionals and is intended for general purposes only and is not tailored to the specific circumstances of any individual. It is not a substitute for professional medical advice, diagnosis, or individual treatment.

Furthermore, Inspire Allied Health and Education Group PTY LTD cannot be held responsible for any misuse, misinterpretation or adverse effects that may arise from the use of this information. While every effort has been made to ensure the accuracy and reliability of the information provided, Inspire Allied Health and Education Group assumes no responsibility for errors or omissions.

By using this information, you agree to release and hold harmless Inspire Allied Health and Education Group PTY LTD and its employees, agents, and representatives from any and all claims, demands, and damages (actual and consequential) of every kind and nature, known and unknown, suspected and unsuspected, disclosed and undisclosed, arising out of or in any way connected with your use of this program.

If you have any questions, please contact Inspire Allied Health and Education Group's CEO at rebecca.garnsey@inspireaheg.com.au

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

Camden NSW 2570

Australia

What is Stuttering?

Stuttering is a communication disorder characterised by disruptions in the normal flow of speech. These disruptions, often referred to as 'dysfluencies', can manifest in different ways and are referred to as the following:

Repetition: The child may repeat sounds, syllables and words such as "b-b-b-ball", or "it was so-so-so great".

Prolongation: Sounds are prolonged, as in "sssssnake."

Block: Speech is temporarily stopped, with the child unable to produce sound, e.g., "I'd like the b-----all".

Many children who stutter develop behaviours that help 'mask' or 'alleviate' their stutter. These behaviours may include, eye blinking, twitching/head movements and facial grimaces.

Developmental stuttering most commonly affects children between 18- 24months and 4years of age as their speech is developing and they start learning and combining new words.



Who Diagnoses and Treats Childhood Stuttering?

Speech Pathologists are qualified to diagnose and treat
stuttering.





How is Stuttering Diagnosed?

Speech Pathologists observe the child's speech patterns and assess the frequency and severity of dysfluencies.



Checklist for Parents: Characteristics of Stuttering:

- ✓ **Repetitions:** Frequent repetition of sounds, syllables, or words
- ✓ **Prolongations:** Drawn-out sounds or syllables
- ✓ **Blocks:** Pauses or halts in speech
- ✓ **Tension:** Visible signs of physical tension during speech
- ✓ **Avoidance:** Efforts to substitute words or avoid speaking situations



What to Do if You Suspect Your Child Has a Stutter:

1. Observe: Pay attention to your child's speech patterns and any signs of dysfluency.

2. Consult a Professional: Schedule a consultation with a Speech Pathologist for a comprehensive evaluation.

3. Create a Supportive Environment: Foster a positive and patient atmosphere at home, encouraging open communication.



Treatment for Childhood Stuttering:

The Lidcombe Program

The Lidcombe Program is an evidence-based early intervention approach for treating stuttering in young children. It involves direct parent-delivered therapy under the guidance of a Speech Pathologist.

How the Lidcombe Program Works

Parent Training: Parents are trained by a Speech Pathologist to provide daily therapy at home.

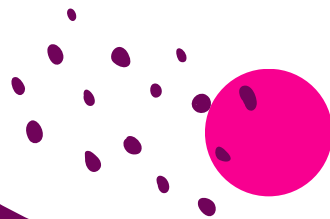
Positive Reinforcement: Parents use praise and positive feedback to reinforce fluent speech.

Gradual Reduction: The program involves systematically reducing stuttering frequency over time.

Regular Monitoring: The Speech Pathologist closely monitors progress and adjusts the program accordingly.

Remember that each child is unique, and the effectiveness of the Lidcombe Program may vary with alternative methods of intervention also available. Early intervention and parental involvement are key factors in the success of the program.

If you suspect your child has a stutter, please contact Inspire Allied Health and Education Group to find out how we can support you and your family.





Contact

Phone Number: (02) 4666 4255 / (02) 4648 0837

Email: hr@inspireaheg.com.au

Website: www.inspireaheg.com.au

 www.inspireaheg.com.au

 [@inspireahegrp](https://www.instagram.com/inspireahegrp)

 [inspireahegrp](https://www.facebook.com/inspireahegrp)

Interested in our services? Click the link below to register:

[https://macarthurchildrensdevelopmentalclinic.snapforms.com
.au/form/participant-intake-form](https://macarthurchildrensdevelopmentalclinic.snapforms.com.au/form/participant-intake-form)

