

WHAT TO EXPECT IN STUTTERING THERAPY

For school-age kids
and families



School Based Rehabilitation
Service (SBRS)

What's our goal?

Most children who continue to stutter beyond age seven are likely to experience stuttering, in some form, throughout their lives. Because of this, the goal of therapy is not to achieve 100% fluent speech, but rather to help the child develop confidence, communication skills, and strategies for managing stuttering.

Stuttering is a cyclic and variable disorder, which means it can change over time. The frequency of stuttering, the types of stuttering, the amount of tension during moments of stuttering, and even how a child feels about stuttering can all shift from week to week, day to day, or situation to situation. It is also common for children to experience periods of fluency, sometimes lasting for weeks at a time, before stuttering returns.

What will we do in therapy?

- Learn about stuttering
- Build a toolbox of strategies your child can use when they want
- Grow your child's confidence and comfort in speaking situations
- Work towards your child's acceptance of stuttering
- Help your child recognize that stuttering is only one part of who they are
- Develop advocacy skills so your child can talk about stuttering, ask for what they need, respond to teasing, and speak up for themselves at school or in the community

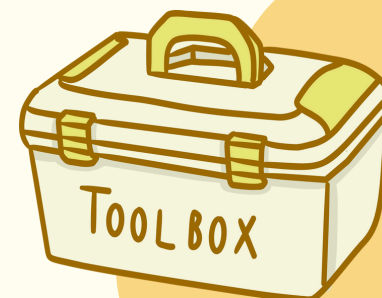


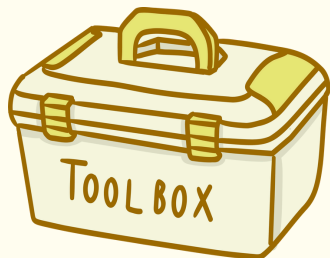
THE ROLE OF SBRS SPEECH IS
TO SUPPORT CHILDREN IN
BECOMING CONFIDENT AND
EFFECTIVE COMMUNICATORS.

What's in the toolbox?

Your child will explore and practice strategies such as:

- Techniques and strategies to make talking feel easier
- Ways to manage moments of stuttering with less tension
- Communication tools to help in different speaking situations





The toolbox is your child's to choose from—we support them in finding what feels helpful, not in “fixing” their speech.

Speech strategies are not magic and can be difficult to use consistently. Sometimes they make talking easier; other times, they don't—and that's not your child's fault, but simply the nature of stuttering. Strategies can increase the chances of smoother speech, but they are not a guarantee nor a cure. That's why we present them as just one part of a bigger approach to building confidence, knowledge, and effective communication.

What's the role of families?

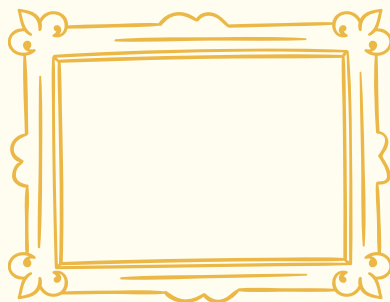
Families are an important part of therapy! You'll learn ways to:

- Support your child's communication at home.
- Encourage open conversations about stuttering.
- Celebrate progress together.



The big picture

Therapy is about helping your child become a **confident, capable communicator**, whether they stutter a little, a lot, or somewhere in between.



Helpful video links for parents

Parents of Children who Stutter DOs and DONTs:
<https://youtu.be/ip0KxzMspYc?si=uNH0M4U9Eal2IUXB>

Stuttering for Parents: Helping Your Child who Stutters at Home: <https://youtu.be/g1n9YQXdEKQ?si=sRVtluQekWyt7LRY>

For Parents of School-Age Children: Focus on the Big Picture: <https://youtu.be/o4FbkNJr8tU?si=RUCybZGxgGctel2T>

Parents of School-Age Children who Stutter: Open the Lines of Communication:
https://youtu.be/56CYBY2Sdw4?si=8YNMHGeQs6C_ejFr



QUESTIONS?

Contact your SBRS
Speech-Language
Pathologist

For more information visit
www.ctc-ck.com