




SPEECH SERVICES SYDNEY & COAST
Lina Williams
Speech Pathologist



Quakers Hill Public School
Parent Workshops Term 1,
2019
Session 4

FLUENCY

- Fluency is the *rhythm rate* and *flow* of speech
- Stuttering is a fluency disorder involving speech disruptions which typical speakers do not experience
- Stuttering may interfere with or prevent normal communication

Stuttering Onset

- Mostly at 2 and 3 years of age
- When children start putting words together into a sentence.
- Sudden or gradual onset (For some people it can appear overnight).
- In most cases, the first sign of stuttering is the child repeating syllables such as "I...I...I...wanna..." or "Where...where...where is?"

Stuttering Types

- In most cases, the first sign of stuttering is the child repeating syllables such as "I...I...I...wanna..." or "Where...where...where is?"
- Include:
 - Repetitions of sounds and whole words
 - Sound prolongations e.g. /ahhhhh-mazing/
 - Blocks/not being able to get the word out at all
 - Behaviours such as twitching and grimacing.

Stuttering Types

<https://www.youtube.com/watch?v=Po-WMo8vXRY&t=188s>

Natural Recovery

- Some children recover from stuttering naturally
- Rate of recovery and the average time taken to recover is not known.
- It is not possible to say whether an individual child will recover naturally or will require treatment to begin

Critical Period

- It is important to begin treatment of stuttering within 12 months of onset
- *if your child is experiencing any anxiety due to his/her stutter – seek therapy immediately
- Children who stutter should always be treated at some time during the preschool years.
- If children do not recover by age 6 or 7, they are likely to develop chronic stuttering.

Stuttering and Bilingualism

- Stuttering occurs across cultures and languages as well as in bilinguals and monolinguals
- People who stutter who speak more than one language might report differences in severity of their stuttering between the languages.

Treatment

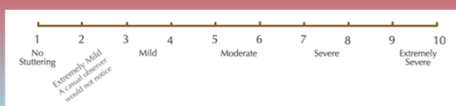
- Treating children, particularly preschool children, the only treatment with evidence is the **Lidcombe Program**.
- This is a behaviour modification treatment.
- Parents are also trained in the Lidcombe technique

Treatment

- LET'S PRACTISE THE **Lidcombe Program**;
- DIFFERENT LEVELS OF DIFFICULTY (responses)
- PHASES; 1. Intensive therapy and daily severity ratings (with Speech Pathologist and Parent); 2. Maintenance Phase (less frequent visits, more independence and parents monitor speech

Treatment

- LET'S PRACTISE THE **Lidcombe Program**;



Treatment

- LET'S PRACTISE THE **Lidcombe Program**;
- "LOVELY SMOOTH TALKING", "THAT WAS SUPER SMOOTH", "I LIKE THAT SMOOTH SENTENCE"
- "How else could you say it?"

WHAT TO DO IF CONCERNED...

- Discuss your concerns with the child's school teacher
- Seek advice from your local speech language pathologist and/or GP.



THANK YOU

