

## Services we can offer

Speech and language therapy is available free on the NHS. Please contact your Health Visitor for further information.

However, the NHS services may not be able to meet your requirements.

We can provide:

- Assessments and Advice
- Regular therapy appointments
- Training and Advice for professionals

Therapy for early stammering is normally one of two types, either:

Parent-Child Interaction Therapy (based on the work of The Michael Palin Centre). For more information go to: [www.stammeringcentre.org](http://www.stammeringcentre.org)

Or

The Lidcombe programme- which is a type of behavioural therapy based on operant methodology. For more information visit: [www.fhs.usyd.edu.au/asrc](http://www.fhs.usyd.edu.au/asrc)

Your therapist will advise you which therapy is most appropriate.



Simply Speaking UK Limited

With

Michelle Sims (previously Davies)

Speech and Language Therapist

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# Is your child stammering?



With

## Michelle Sims & Associates

### Speech and Language Therapist

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## How we can help...

## Facts about stammering:

- 5% of children under 5 will experience dysfluent speech (stammering), and about a third WILL NOT grow out of it.
- Stammering normally starts when a child is between 2-5 years old.
- Stammering in young children will often come and go.
- Early intervention from a speech and language therapist can prevent stammering persisting into adulthood.
- Boys are more likely to stammer than girls
- The exact cause of stammering is not known
- Stammering is complex in nature and a speech and language therapist will need to take into account the child's language skills, general cognitive skills, their personality and the environment they are in.
- Parents DO NOT cause children to stammer

## About Simply Speaking

Michelle Sims (previously Davies) graduated from Sheffield University in 2002 after completing a four year degree in Speech and Language Therapy at the university's medical school. During her graduation Michelle was presented with the prestigious "*Tracey E. Cox Memorial Prize for Distinguished Performance in Clinical Practice Section of Part I and II*". Since which Michelle has worked for Portsmouth City PCT (NHS) in the paediatric (children's) department, and continues to work for Sure Start supporting other professionals and parents for Havant Borough County Council.

Michelle has experience of working in a variety of clinical settings including mainstream schools, special schools, pre-schools and clinics. She has specific interests in speech and language delays/disorders, voice disorders and dysfluency (stammering). She has received additional training related to these difficulties including: **stammering therapy (from the well known Michael Palin Centre, and Lidcombe therapy)** voice therapy (Voice Craft), language therapy (including the use of Makaton/signing, and the Derbyshire Language Scheme), and speech therapy (including the use of The Nuffield Dyspraxia Scheme and Cued Articulation).

Michelle launched *Simply Speaking* in February 2005. We provide private Speech and Language Therapy services to children in the local area.

## How parents/adults can help young children who are dysfluent/stammer:

- Do not react negatively to your child's stammer
- Maintain eye contact and focus on WHAT they are saying as opposed to how they are saying it
- DO NOT ask them to slow down however, slow your own rate of speech down when talking to your child
- Do not ask lots of questions as this puts huge demands on their speech/language system
- Encourage your child to be in situations where they are likely to be fluent e.g. playing with a younger child or spend 10 minutes every day playing with them on their own (special time)
- Try to ensure that in competitive situations your child is allocated a turn to speak
- Most important of all **PRAISE fluent speech** e.g. "smooth talking well done", "I heard great talking" etc