

**Speech and Language Therapy Service - Stammering**  
Information sheet for parents

**Referral**

Children may be referred to the speech and language therapy service for stammering by parents, health visitors and GPs. Please phone the administrator for advice: 01273 242079. We aim to offer a first appointment within twelve weeks.

**Early Years Service**

The first step following referral will be an invitation to meet your local speech and language therapist for an assessment. This is an opportunity for you to ask questions and discover if there is cause for concern. If so, you will be offered further help at the clinic. Our approach works through the adults around the child so be prepared to be fully involved in the programme – both parents are very welcome! We follow the 'Michael Palin Centre for Stammering' approach and you can find out more at:

[www.stammeringcentre.org](http://www.stammeringcentre.org)

**Infant School Children – 4 to 6**

Some children will continue to stammer; when this happens s/he will be passed onto the speech and language therapist for stammering. The therapist will invite you in to review progress and may agree with you to deliver a course of individual therapy. This may be the 'Michael Palin Centre for Stammering approach' or in a few cases 'The Lidcombe Programme'. After therapy is complete the speech and language therapist will regularly review progress either by appointment or telephone. You can find out more about Lidcombe by visiting:

[www.stammering.org/lidcombe\\_info.html](http://www.stammering.org/lidcombe_info.html)



## **Junior School Children – 7 to 11**

For a few children the stammering may continue and still need therapy. The focus for therapy is to achieve the greatest level of fluency that is possible for your child; we do this by teaching a range of fluency tools for the child to practise at home. At this age children start to become more aware of their stammer so we may need to give them support to help them be confident.

The speech and language therapist for stammering will continue to meet with you and your child at the clinic to review progress. In addition, your child may be invited to attend group therapy that teaches both fluency tools and feelings/attitudes towards stammering. Groups are an excellent opportunity for mixing with others with similar problems and practising new communication skills. We follow 'The Fluency Trust' group programme and you can find out more by visiting:

[www.thefluencytrust.org.uk](http://www.thefluencytrust.org.uk)

## **Secondary School – 11 to 16**

We aim to help young people who stammer learn how to live with a difficulty that may persist. This means teaching fluency tools that will help them to achieve the greatest level of fluency possible, e.g. to be able to answer questions in class. At this age we increasingly focus on attitudes to stammering and talking to others. The speech and language therapist for stammering will continue to meet you and your child at the clinic to review progress. In addition, the young person will be invited to attend group therapy to practise fluency techniques and address feelings/attitudes towards stammering. Groups are an excellent opportunity for mixing with others with similar problems and trying out new skills. We follow 'The Fluency Trust' group programme and you can find out more by visiting:

[www.thefluencytrust.org.uk](http://www.thefluencytrust.org.uk)

## **Working with Schools?**

We will discuss ways to support your child in school (with your consent). We can offer training and advice on strategies.

## **Lead Speech and Language Therapist for Stammering:**

Ruth Hughes, Moulsecoomb Health Centre tel: 01273-696011 x 2919