



## Instead of this.... Try this... (and Why)

Instead of doing this...	Try this...	Why
Finish Sentences or Words	Hold time for real conversations: Give the child the space to say what they want to say.	Holding space for their speech encourages confidence and enhances communication.
Interrupt or Speak for Them	Practice active listening. Giving your attention, interest and take turns with verbal comments and non-verbal expressions to show them you are listening.	Teaching conversational skills and modeling good listening is more impactful and healthier for parents to help their own kids. Get professional support to guide you to help address moments of stuttering.
Tell Them to "Slow Down"	Be a model. Typically, kids will follow our example. If we want them the "slow down" then we need to "slow down" ourselves.	Our kids are watch what we do, more than what we say. Modeling behavior is powerful and helps kids align actions with expectations.
Tease or Mock Their Speech	Talk to family members (siblings, grandparents, cousins) to understand "[child] is getting stuck on their words sometimes. We are helping them get through it and ask for you to be a partner - engage with them	We can bullyproof our kids and destigmatize the issues. Addressing the issue openly with family members creates a supportive environment and reduces stigma.

	<p>as you would with any other child. If they stutter, listen through it and hear what they say. Don't tell them what to do with their speech. And never tease or imitate. If you have any questions, ask us."</p>	
<p>Show Frustration or Impatience</p>	<p>Honor your feelings and process privately - not with your child. Show your child you want to hear what they have to say, no matter how they say it. Say things like, "Tell me more..." "That's interesting..." and face your child shoulder to shoulder, face to face.</p>	<p>Parents are wired to be concerned and worry for their kids' wellbeing. So we need to normalize parents' feelings privately while providing unwavering support for kids creates a safe space for communication, confidence building and feeling unconditionally loved.</p>
<p>Ignore Their Feelings or Concerns</p>	<p>We all have a heart and soul. While stuttering starts as a physical speech-motor condition, the growing child may develop thoughts and feelings related to their stutter and themselves. Validate feelings. Talk about talking. Reassure the child with support and listening.</p>	<p>We all have uneasy thoughts and feelings. Validating feelings and discussing communication fosters resilience and confidence in expressing themselves. We can help our kids become healthy adults early on, when we address thoughts and feelings as part of life.</p>
<p>Focus Too Much on Fluency</p>	<p>Put emphasis on WHAT they say, more than HOW they say it. Signal to child the way you value communication and connection above all. And "we can talk through this." "What you say matters."</p>	<p>Shifting focus to communication encourages free expression and reduces the risk of silence or avoidance. Our ultimate goal is to keep kids talking freely, expressing themselves with pleasure and ease.</p>