

Kids Speak: For Children Who Stutter

From the Stuttering Center of Western PA

October 2004
Volume 1, Issue 5

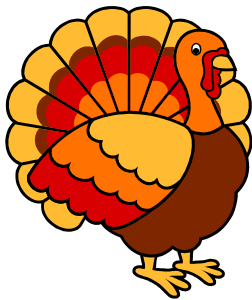
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Stuttering Tricks and Treats



With Halloween just around the corner, we bet you are ready to put on your costume and have some fun, right? Well, we are going to help you find and remember some stuttering “tricks” and “treats” to put in your Halloween bag this year. These are some strategies that all people who stutter should know, including *you*.

Plus, we will be having our Holiday Stuttering Trivia Contest in the next issue. Knowing all these tricks and treats will help you in the trivia contest, so get ready! Here are some things that will help your stuttering.



1. *East Start/Easy Beginning*: This is when you start your sentences a little slower and with a little less tightness in your muscles—almost like you are gliding into the sentence.

2. *Phrasing*: This is when you break up sentences into smaller parts. This can help you to not go so fast. It can also help you get rid of extra tension in your speech muscles.

3. *Stuttering on Purpose*: Why do we want to do that?!? Well, stuttering on purpose can be VERY helpful. It can help you to stutter more easily because YOU are controlling your speech instead of it controlling you. Also, stuttering on purpose in different places can help you start to feel more comfortable with your stuttering so you will not be as anxious when you get into different situations. That can help you stutter less sometimes.

4. *Pull-out and Cancellation*: These are basic speech tools you can use when you get stuck and want to drop the tension in your speech muscles. *Pull-out* is when you gradually change

your tension then continue on with your sentence. *Cancellation* is when you repeat the part of the sentence you just said, but this time with less tension.

5. *Easy Stuttering*: This is when you get stuck but don't get really tense. You might stutter, but the word still comes out pretty easily. This is the kind of stuttering that it is good to practice. You can try to practice by bouncing and stretching on some words—that's easy stuttering!

6. *Bouncing*: This is when you repeat a word, nice and easy, “like like like like this.” Remember that you don't want your muscles to get tight when you are bouncing on purpose--*unless* you are learning how to get rid of tension you already have.

7. *Stretching*: You can stretch a word out llllllllike this to help get your words out. Just like bouncing, you should learn to do this on purpose without your muscles getting tight.

There are lots of other stuttering tricks and treats that you can learn by talking with your speech teacher!

Remember, next time we will have our Holiday Stuttering Trivia Contest!! A lot of the questions may come from other editions of Kids Speak, so be sure to study your tricks and treats!

See you next time!

