

Fluency

Language & Speech Home Activities

Catching The Stutter

Grade Level:

Preschool, Elementary

Curriculum:

General Education Curriculum

Targeted Skills:

Fluency

Directions:

Goal: to help your child become more aware of when stuttering happens.

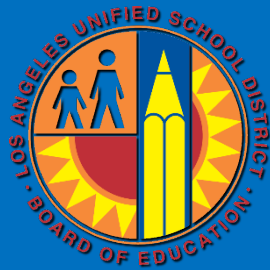
Explain how to “catch your stutter”

- 1.) Every time your child stutters, have him/her close his/her hand. Tell your child, “If you stutter, close your hand, and make a fist like this.”
- 2.) Tell your child to match the tightness of his/her hand with the tension of his/her speech. “Squeeze your hand as tight as your mouth/lips/tongue/throat feel.”
- 3.) Demonstrate for your child. Hold up your hand. Keep it open. Pretend to stutter (“I like p-p-p-p-p-p-izza”). Squeeze your fist as you stutter on the ‘p’ sound. As you come out of the stutter, open your hand.
- 4.) Tell your child, “This is called ‘catching’ your stutter.”
- 5.) Choose an activity: (A) Read a Passage (B) Tell a Story. Have your child practice “catching” his/her stutter as he/she reads or speaks.

Modifications/Adaptations:

If your child is older, try asking him/her these questions:

- What word or sound did you stutter on?
- Where was the tension? In your tongue, throat, lips?
- How did it feel?



Articulation

Language & Speech Home Activities

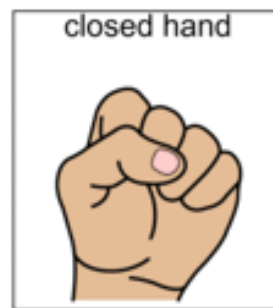
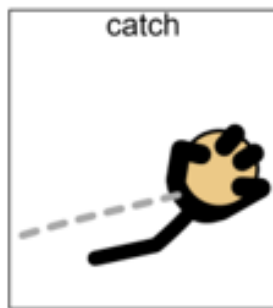
Articulation Scavenger Hunt

How to Catch Your Stutter

Step 1



Step 2



Step 3



Reading Passages

Donuts

Donuts are yummy. I love donuts. I eat them for breakfast. I eat them at snack time. My sister likes chocolate donuts. My brother likes vanilla donuts. I like jelly donuts. Donuts are round. They have a hole in the middle. Some donuts have sprinkles. But all donuts are sweet. Yum!

The Lake

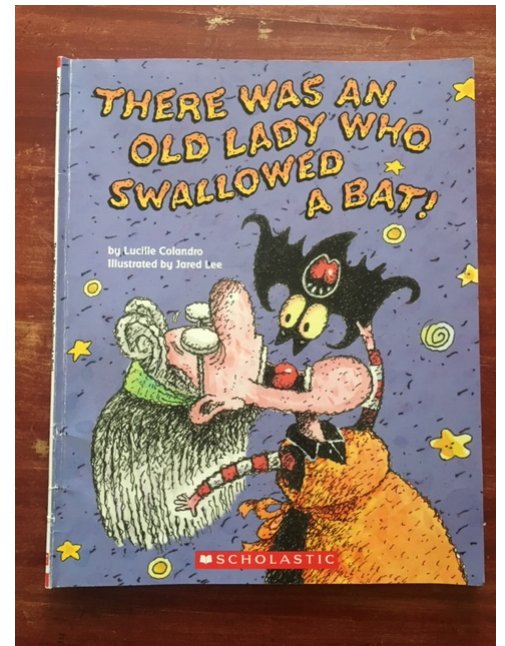
This summer my family went to the lake. We stayed in a cabin. We went canoeing. We went hiking. We swam every day. My brother Eric even went water skiing! It looked like fun. Next year I hope to go water skiing too. Every night we made a fire. My mom and dad roasted marshmallows over the fire. We put the melted marshmallow in between two graham crackers. We added a piece of chocolate. Mom says this is called a s'more! Yum! Staying at the lake is fun.

Tell a Story in Your Own Words

Step 1: Pick a familiar book that your child likes.

Step 2: Ask your child to “read” you the book. Say, “Look at the pictures in the story. Tell me what is happening without reading the words on the page.”

Step 3: Say to your child “As you tell me the story, pay attention to your speech. If it is ‘bumpy’, I want you to ‘catch’ your stutter.” Use the How to Catch Your Stutter handout as a visual aid.



Example:

