

Speech strategies: stuttering

<i>Strategy</i>	<i>How to do it</i>	<i>Why it works</i>
Airflow	Let out some air before you start talking, at the beginning of each sentence.	Helps relax your throat.
Breathy speech	Speak with extra air in your voice	Helps relax your throat
Finger strategy	Run your finger under the words while you read them out loud. Keep your voice with your finger.	Helps with pacing, and helps keep your mouth and your eyes moving together.
Speed scale	On a speed scale of 1-10, aim for “the zone”, which is around a 3 or 4. 1-2 is too slow, and 6 and above is too fast.	Going at a steady rate helps keep your mouth and your brain together.
Long starts	The first word of each sentence is sssslow and sssstretchy.	Helps relax your throat.
Phrasing	Take breaks for breathing and pausing at commas and periods.	Helps with pacing. Gives extra time for your mouth to make the sounds. Also helps add expression to reading or speaking.
Mushy Mouth	Speak using “soft contacts” on consonants. Your lips and tongue barely touch when you talk.	Helps relax mouth and throat.
Easy Stuttering	Let yourself stutter! Chose easy stuttering (relaxed mouth, slow rate) and let it last until you are okay to move on. Just let it happen!	Easy stuttering reduces tension, which makes stutters shorter and less noticeable.
Eye contact	If you are having a hard time with your speech, keep looking at the person you are talking with. Don’t look away.	Helps the other person know that you are still talking with them, and can keep them from interrupting you.
Speech time-out	When you start to stutter, pause for 3 seconds, relax your mouth, and begin again.	Gives your mouth and brain a “reset.” Put your stuttering in time out!
Stretchy words	Stretch your words out looooooong, especially the words which are making you stutter.	Helps you slow down, and gives your mouth time to catch up to your brain.
Accent	Use a fake accent when you’re talking.	Tricks your brain into thinking that you are someone else – someone who doesn’t stutter!

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Don't go back!	When we are talking or reading, we only move forwards. If you forget something, leave it behind and DON'T GO BACK!	Going back to say something again is confusing to people who listen to us, and makes us sound unclear.
Say all the sounds	Make sure you say each sound that happens in the word. If it is a long word, break it up into parts.	Thinking about saying all of the sounds helps your speech to be clear. It can also help you to slow down your speech in a natural way.
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Phrasing	Take breaks for breathing and pausing at commas and periods.	Helps with pacing. Gives extra time for your mouth to make the sounds. Also helps add expression to reading or speaking.
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Elongate multi-syllable words	Slow down when saying longer words, to make sure that you hit all of the sounds in the word.	Prevents "rushing" through longer words, making them jumbled.
Exaggerated speech	Exaggerate every sound in every word.	Helps to slow speech, and makes sure that all words are clear.
Stress unstressed syllables	Put emphasis on the unstressed parts of longer words.	Helps to prevent syllables from being "lost" when speaking more quickly, and also increases awareness of speech.
Confidential voice	Speak as if you want only yourself and the person sitting right next to you to hear what you are saying – just above a whisper.	Takes strain off of vocal folds, and makes it easier to use other strategies simultaneously.
Intonation	Use exaggerated intonation (expression, pausing) while speaking or reading.	Makes speech sound more natural, and helps keep words separated from each other.

My Speech Strategies

<i>Strategy</i>	<i>How to do it</i>	<i>Why it works</i>

Types of stuttering

<i>Type</i>	<i>What is it?</i>	<i>Example</i>

Types of stuttering

<i>Type</i>	<i>What is it?</i>	<i>Example</i>
Prolongation	Stuck on a sound	What ddddddoesssss the fffffox say?
Word repetition	Stuck on a word	What does does does the fox say?
Phrase repetition	Stuck on a phrase	What does the what does the what does the fox say?
Block	Nothing comes out. Tense pause.	What does... .. the fox... .. say?
Interjection	Filler word, used to “get around” stuttering.	Um... like... actually... literally... so... yeah... whatever...