

1. Keep your voice box turned on. For example, you can turn an “F” into a little “V.”
2. Slide in easy to your words. Don't punch in!
****But for the punching sounds /p,b,k,g,t,d/: You need to GENTLY Tap and Slide!
3. Stretch your sounds. Don't pop short!
4. When you feel your lips, tongue or voice box get tight, pause then relax it - go loose. Make the listener wait until YOU are ready!
5. Practice your stutter! Play with the sounds. Change the timing and the tension of these pretend stutters. This will help you when you have a real moment of stuttering.



Always remember:

* No one has perfect speech. Everyone gets bumpy speech sometimes, even teachers, doctors, Moms and Dads!

* If you need a moment to use one of your smooth speech tools, show the listener you need a second. Hold up your finger or gesture in some way that you need a minute. It's easier to use your smooth speech tools this way 😊.

*Using your self-disclosure statement can be a BIG help. Telling people you stutter sometimes can give you the power to feel confident about it. You deserve to feel confident!