

# FLUENCY HOME PRACTICE

What is stuttering? Stuttering occurs when a person says a sound or word more than once or has difficulty getting speech to come out. All people have disfluent speech to some degree. Please be aware that there is no cure for stuttering, but strategies can be taught to help the speaker compensate or modify their speech to become more fluent.

## FLUENCY STRATEGIES



**SLOW RATE**

Use a slow rate of speech when talking. Allow yourself time to think of what you want to say before you say it.



**EASY ONSET**

Begin your word or sentence slowly and easily.



**LIGHT CONTACT**

Try your best to make light contact or touches with your lips, tongue or teeth.



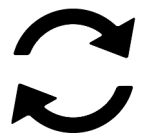
**STRETCHY SPEECH**

Stretch the beginning sound of the phrase or sentence.



**CANCELLATION**

After you finish a stutter, stop and take a breath. Then, begin again.

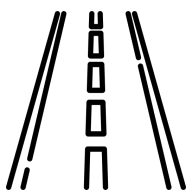


**PULL-OUT**

During a stutter, stop and take a breath. Then, begin again.

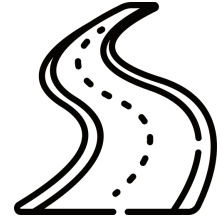
## STUTTERING AWARENESS

As you talk, monitor your speech. Which of the following best describes your speech?



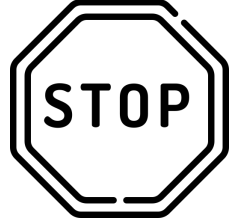
**SMOOTH SPEECH**

My speech is smooth with the right number of breaths, pauses and sounds.



**BUMPY SPEECH**

My speech has starts and stops. Sometimes I have trouble getting my words out.



**STOPPED SPEECH**

I can't get my speech out. I know what I want to say but it is stopped.

## FLUENCY HOME PRACTICE ACTIVITIES

Color in the boxes of the activities after you complete them. Use your fluency strategies.

SUN	MON	TUE	WED	THU	FRI	SAT
Play a board game.	Read a book aloud to a partner.	Practice the slow rate strategy.	Talk about your favorite food.	How do you feel about your speech today? Tell someone.	Practice smooth, easy speech at dinner time.	Call a friend or family member on the phone.