

***Counseling and Parenting:
What Parents Need to Know***

**Donna K. Cooperman, D.A./CCC-SLP, BRS-FD
The College of Saint Rose
Albany, New York**

About Your Child.....

- He is not defective.
- She can live a normal, happy life.
- His speech is something he does, not who he is.
- She knows that she has trouble talking, even if she is very young.

And so.....

- His stuttering pattern may change over time.
- Stress makes it more difficult for her to talk.
- He probably has a physical predisposition to stutter

As a result.....

- She may need extra time to organize her thoughts before speaking.
- He can learn to control his stuttering.
- She can speak effectively with or without stuttering

About Your Family

Speech doesn't happen in a vacuum.

All members of a family have an impact on a child's fluency.

Family members are a child's strongest advocates

In addition.....

- Their brother or sister's speech problems affect siblings.
- Family time is a shared experience where family members act with kindness toward each other.
- Family conversation is most effective when one person speaks at a time.

And.....

- When one member of a family has a problem, all family members can be part of the solution.
- Family members can provide speech models for each other.

There is more....

- Family members can provide an accepting environment where the message is more important than the way it is delivered.
- Extended family members (grandparents, aunts and uncles, cousins) need to know about stuttering so that they can support your child.

About You, the Parents

- You are your child's primary communication partners.
- You have not done anything wrong.
- Your positive reactions to your child's speech can help to make talking easier.

Keep in mind.....

- Stuttering is not “bad” behavior. It is a way to talk.
- Fluency is not “good” behavior. It is a way to talk.
- Communication is something we value greatly

We know that.....

- Children who feel empowered to make choices believe that they can change the way they speak.
- Positive self-esteem helps a child to talk without fear.
- Assertive speakers are those who feel that the important people in their lives value their message

On a final note...

- Teachers want to know what you can teach them about stuttering.