

### Writing IEP Goals for Stuttering

Adapted from an article by Craig Coleman, M.A., CCC-SLP, Stuttering Center News, Volume 2, Issue 1, February 2004.

When writing an IEP for a child with a stuttering disorder, it is important to target *all* aspects of the child's disorder, not just the number of disfluencies he or she produces. It is important to address the "quality" of the fluency, not just the "quantity." This means goals could address secondary behaviors, physical tension, or avoidance. Also, the child may not have control over how fluent he is. He only has control over whether he *uses techniques* to help him speak more easily. Goals should focus on the child's *effort* in addition to the desired clinical *outcome*. Some examples of possible stuttering objectives are below. Note that they target general categories of fluency behavior:

#### **Targeting "Quantity" of Stuttering:**

Johnny will demonstrate the ability to reduce the number of disfluencies in his speech by using easy starts at the beginning of sentences 85% of the time in a structured conversation.

#### **Targeting "Quality" of Stuttering:**

Johnny will demonstrate the ability to reduce physical tension during stuttering using the "pull-out" technique, for 50% of the disfluencies during a 5 minute oral reading.

#### **Targeting Communication:**

Johnny will decrease avoidance behaviors associated with his stuttering by entering 3 specific situations where he previously avoided stuttering. (Avoided situations should be noted in Present Levels of Performance section of IEP.)

Johnny will demonstrate desensitization to stuttering by using 5 pseudostutters during a conversation during his lunch period.

#### **Targeting Knowledge of Stuttering:**

Johnny will demonstrate his increased knowledge about stuttering by passing 3 quizzes on basic stuttering facts.

Johnny will educate 2 friends about his stuttering treatment techniques by teaching them to pseudo-stutter and use pull-outs.

The above objectives should be individualized to meet a child's specific needs. Writing IEPs in this way will help the child address the entire stuttering disorder.