

TRI-COUNTY SPEECH ASSOCIATES, INC.
Patricia K. Fisher, M.A. +++ Diane C. Games, M.A.
Licensed and Certified Speech-Language Pathologists
430 Ray Norrish Drive
Cincinnati, Ohio 45246
(513) 671-7446 . Fax: 671-7448
e-mail: tricityspeech@fuse.net

IDEAS FOR ADOLESCENTS

These came from a SID4LISTSERV discussion.

- Find two or three "comfortable" adults your teen feels at ease talking to and propose a discussion about stuttering. Brainstorm possible reactions prior to the discussion. Gradually have the teen expand the list of discussion partners.

TELEPHONE IDEAS

- Initially, call places with answering machines. Write out possible messages. As confidence grows, eliminate the notes.
- Call restaurants and markets asking for closing times or for types of food, etc.
- Use Blockbuster or other video stores to request copies of certain movies.
- Call random numbers and have your teen use his own name and ask if he is home. Knowing that the number is wrong ahead of time often decreases the pressure.
- Use Auto trader magazines and call about cars for sale. Establish several questions to be answered concerning the cars.
- Pick a theme (i.e., Mother's Day) and call florists.
- Call Book Stores and ask for authors or books loaded with difficult sounds.
- Use disconnected telephones in treatment room; gradually move to cell phones and to phones in busier locations.
- Call want ads.
- Find people in your office/school who would volunteer to be called at specific times.
- Use 800 numbers for hotels and airlines for information, rates, etc.
- Call people who are selling or giving away different types of pets. Ask three questions about the pets.
- Model a difficult telephone experience for your teen.
- Find a high interest area for your teen and make calls concerning this interest; sports, computers, etc.
- Take field trips to Dairy Queen, fast food restaurants, etc.
- Keep a record of perceptions about reactions to stuttering. Help your teen learn that most people are sensitive and patient.
- Have your teen teach you how he/she stutters. Then use this pattern in situations with your teen.
- Establish a Communication Club to work on carryover of skills.
- Tour the school and generate questions for people in the office, cafeteria, etc.
- Tour a health club facility or take a trip to a fast food restaurant, etc.

FLUENCY TOOL KIT

Clinicians at The College of St. Rose, Albany, New York selected the items in this kit.

1. Rubber Band – to remind you about stretchy speech (i.e., easy onset).
2. Chinese Finger Puzzle – to remind you that the more you struggle, the harder it will be to speak.
3. Turtle – to remind you that slow and steady wins the race (the turtle beat the hare in the end).
4. Eraser – to remind you that you can use cancellations to repair moments of stuttering.
5. Notebook – to give you a chance to exchange phone numbers and to help you talk about your telephone fears.
6. Bubbles – to remind you about natural breath for speech and to practice it.
7. Eye – to remind you that eye contact is important when talking to others.
8. Chain with a Clasp – to remind you to pause at the end of utterances; this will give time to use other tools better.

VISUALIZATION TASKS

Paint a Picture: Ask the students to draw a picture of their stuttering or what their stuttering feels like to them. They can also draw a picture about their stuttering. Encourage the child to explain the picture to others.

- **MAKE YOUR OWN SPEECH MECHANISM** - Use Cool Whip for the lungs (airy??), licorice for the vocal cords, Chocolate Syrup for saliva, Gummy Worms for the tongue and popcorn for the teeth. Talk about speech helpers and speech production.
- **MAKE TRAIL MIX**- Talk about choices. Give the different snacks labels for different choices the child can make...Easy Speech, Soft Starts, etc.
- **OBSTACLE COURSE** – Make the theme of overcoming obstacles part of building and mastering the Obstacle Course.
- **BALLOON FACES – THE FACES OF TEASERS** – Have the children paint the faces of teasers on balloons. Run relay races with the balloons, use bats to hit the balloons, have the children sit on the balloons to pop them!
- **SPEECH PIZZA** – Every child makes his/her own pizza. The focus is on being individual and special; each one is unique.
- **PET ROCK** – Make a pet, someone to talk to.
- **GETTING TO KNOW YOU BANNER** – Have each child sign a banner with a special trait or skill.