

# Stammering

## Using more than one language and stammering

**There is no evidence that using more than one language causes stammering.**

Children who use one language are as likely to stammer as children who use more than one language. Sometimes children will stammer more in one language than the other.

Reducing the pressure on talking can make talking feel easier. Here are some ways you can help. These suggestions are helpful to use while talking in any language:

### ***Be a good listener***

Listen to what your child is saying, not how they are saying it. This helps to show your child that you are really interested in what they have to say.

### ***Have some “Special Time” together***

Have some quiet one to one time with your child for a five minutes everyday. This gives your child the chance to talk in a relaxed way, even if the rest of the day is busy.

### ***Keep your talking slow***

Try to slow down when you are talking, and use lots of pauses. This helps your child to slow down when they are talking which can make talking easier.

### ***Keep talking simple***

Use short and simple sentences. This keeps the conversation easy. Your child is less likely to use complicated sentences that can make them stammer more.

### ***Ask fewer questions***

Questions can make us feel like we need to reply quickly, which can be hard if you are stammering. Turning questions into comments helps keep the conversation relaxed.

### ***Everyone stammers sometimes***

Help your child to notice when others find talking harder work sometimes. Comment if your words get stuck, or you trip over them.

### ***Share these tips***

Make sure everyone your child spends time with has these tips. This will help make talking feel easier wherever your child is.