

Fluency Speaking Techniques

Seek advice from a Speech and Language Therapist for help with these

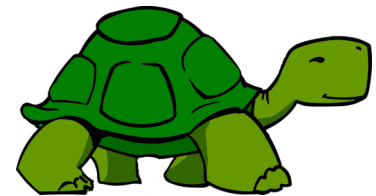
1. Slow rate:

Pause before you start to speak so you can think.

Take air in, in a relaxed manner and breathe normally.

Reduce feelings of urgency and tension.

Speak with a slight reduced rate.



2. Slide:

When using the slide, slightly reduce your rate of speech (slower than normal) and reduce the physical tension in your speech muscles when you begin words or sentences. Gradually move into the rest of the word back to normal speed.



3. Bounce:

Use a short, easy repetition ("bounce") while you are talking. You may use 2 or 3 repetitions with you in control of how many e.g. b b ball.



4. Soft contacts:

As you're producing a sound, simply touch the parts of your mouth together with less tension. For example, if you are producing a "t" as in "touch", move your tongue up to lightly tap the top of your mouth behind your teeth rather than pushing hard against the roof of your mouth.



5. Easing out:

When you "catch" a moment of stuttering, identify where the tension is in your speech muscles. Reduce the physical tension a little bit at a time. Continue speaking to say the word and move on into the rest of the phrase.



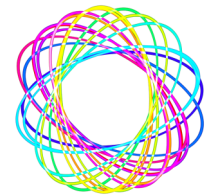
6. Cancellation:

After you stutter on a word, pause long enough to figure out where the tension is. Release the tension in your speech muscles. Start the word again with an easy start or an easier stammer.



7. Flow:

One word moves into the next whilst changing intonation and pitch, and we pause when we need a breath. It's a little bit like when we sing!



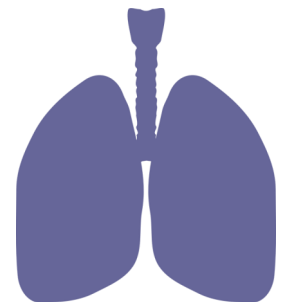
8. Rhythmic speaking:

Find a beat that's close to speaking rate and tap out your words.



9. Speech breathing:

Breathe out a little first before then speaking with confidence.



Useful Websites for more Advice:

www.stammeringcentre.org.uk

www.stammering.org

www.actionforstammeringchildren.org