

## Parent Group Discussion

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## Introduction

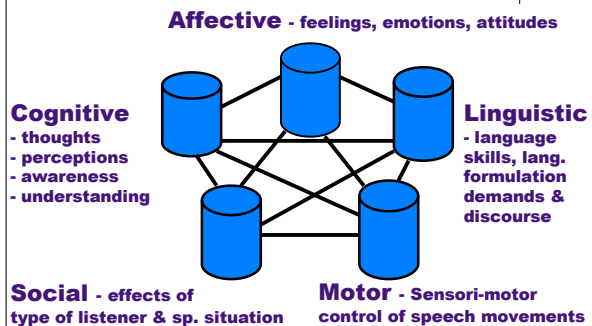
Topics for Discussion:

- A. Questions about stuttering &/or treatment
- B. A conceptual model of stuttering
- C. Typical reactions to stuttering
- D. Being a proactive parent
- E. Factors that impact treatment

## Questions About Stuttering

1. What causes stuttering?
2. What can I do as a parent to help?
3. What can I expect from the speech clinician?
4. Should I say something/point out when my child is stuttering or not?
5. Will my child's stuttering ever get better?
6. My child says he/she doesn't want to be in therapy, what should we do?

## The CALMS Model of Stuttering



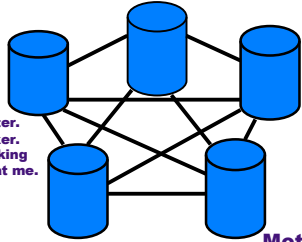
### An Example of How the CALMS Factors Interact During a Speaking Situation



**Affective** - I feel embarrassed, I'm confused, I'm afraid, I hate my stuttering.

#### Cognitive

- I hope I don't stutter.
- I'm not a good talker.
- I want to avoid talking
- People will laugh at me.



#### Linguistic

- What am I going to say? How will I say this and be fluent?

**Social** - I really don't want to talk with this person. I feel pressure to talk in this situation.

**Motor** - I wonder if my fluency targets will work? My tongue and voice feel tense.

### Typical Reactions to Stuttering



1. Saying things like...Slow down, take a deep breath, start over, think before you talk, just use your speech tools, just try harder,
2. Can also be a facial expression, body posture, or tone of voice indicating disapproval.
3. How will this stuttering affect my child's ability to make friends or his/her future occupation?
4. Protecting the child too much (ordering food, making phone calls, getting him/her out of assignments, etc.)

### Being a Proactive Parent



1. Pointing out the positive things your child says and does.
2. Understanding that change takes time and you talk to your child about how hard it is to change the way they talk.
3. Talking unconditionally about stuttering
4. Discuss teasing and bullying in terms of what to do when it happens. Best response, "I'm sorry that happened, I bet you felt \_\_\_. What would you like to do about it so if it happens again, you have a plan."
5. Validate your child's feelings and advocate for your child.

### Factors That Impact Treatment



1. Types of services provided (schools or other resources)
2. How a child responds to TX and change--is it too hard to change and is anything helping?
3. Is the therapy addressing the child's needs?
4. Can the child modify that way he/she stutters?
5. Level of avoidance exhibited by the child.
6. Level of emotionality tied to stuttering.
7. Level of self-monitoring and self correcting.
8. Are there areas of concern in addition to stuttering?