

BE ATTENTIVE

- Show your child that you are listening to him by bending down so that you are facing him at eye level.
- The objective is to remain as calm and relaxed as possible.
- Listen to your child without completing his sentences.
- If you cannot at a specific moment immediately listen to your child because you are busy or in a hurry, inform him when you will be available to listen to him calmly and remember to do so.
- When you understand your child, do not have him repeat to correct his hesitations.
- Avoid giving him advice such as: « Take your time », « Take a deep breath » or « Think before you speak ». He might start to hesitate more frequently.



CHOICE OF ACTIVITIES

Choose activities based on your child's needs.

- If your child is hesitating a lot on a given day, suggest activities where he needs to talk less such as playing outdoors, using playdough, playing board game, drawing, or playing hide-and-go-seek.
- When your child finds it easier to speak, recommend story-telling, role-playing games such as restaurant, or playing with cars or superheroes.

Aim for pleasant interactions.
Your child wants to have fun and talk to you.

REASSURE HIM

- It is not necessary to discuss your child's speech hesitations with him.
- If he brings up the subject, you can reassure him. For example, you could say, « Sometimes the words just stay stuck. It happens to me too. »

WITH FAMILY



- Make sure other family members give your child room to speak in conversations.
- Have siblings take turns speaking so that everyone has a chance to express themselves.
- Avoid forcing your child to speak in public. It is preferable to wait for him to speak when he feels ready.

These strategies promote fluent speech by reducing communication pressure and preserving the child's self-esteem!