It's OK to Stammer

Everyone speaks in their own way and that's brilliant!

GREAT CHART SCHOOL

What is stammering?

Stammering is when the brain and mouth get a bit stuck when trying to speak. It can happen with the beginning, middle or end of words.



It is more common than you might think and it is not a sign of low ability.



Be Patient

Give the person time to finish. We all speak at different speeds.



Listen Carefully

Focus on what they are saying, not how they are saying it.



Don't Interrupt

Try not to finish their words or sentences for them.



Be Kind

Everyone deserves to be listened to and included. Teasing, copying or making unkind comments about someone who stammers is never OK.



Make it Comfortable

Have relaxed conversations and let them know it's OK take their time.



Include Everyone

Give everyone opportunities to speak in ways that feel comfortable for them, for example in pairs, small groups or using other ways to share ideas.



Remember...

- Stammering is not a sign of low ability.
- Stammering is not a choice.
- It does not mean someone is nervous.
- People who stammer have great ideas, kind hearts and so much to say!

