

Fluency Strategies (School Age)

Strategy	Description	When to use
Stretchy Speech	Stretching out the sounds in the words (e.g., “Hhhiii, mmyyy nnaamme is Mmiss Check”)	Can be used in any speaking situation; used to promote fluent speech
Voluntary Stuttering	Stuttering on purpose	Can be used in any speaking situation; used to desensitize students to moments of stuttering and make them feel more in control
Deep Breathing	Taking a deep breath (having your belly fill up like a balloon); and exhale like you’re blowing out a candle. **Speak while exhaling	Used before speech starts to relax the speech machine.
Slow speech rate	Slowing down the rate of speech	Used during any speaking situation
Syllable Timed Speech	Putting boundaries on syllables as you talk (e.g., I - see - a - bu-tter-fly)	Used to decrease the amount of disfluencies experienced by a student over time *If practiced every day
Confident Eye Contact	Encourage the student to maintain eye contact during a moment of stuttering	Used to help the student feel more comfortable when they stutter, and build their confidence when speaking
Identifying Stuttering	The therapist or caregiver stutters on purpose during conversation. The student identifies the moment of stuttering by raising their hand or giving a signal.	Used to help students become aware of when a moment of stuttering occurs.

<p>Light Contact</p>	<p>Touching your speech helpers together lightly when you speak to reduce tension. This is especially helpful for stop sounds such as (e.g., p, b, t, d, etc.)</p>	<p>This technique is used anytime the student is speaking, and can also be modeled by the parent.</p>
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