

# Key Questions to Ask a Prospective Speech-Language Pathologist (SLP) for Your Child Who Stutters



Most SLPs start as generalists with limited experience working with people who stutter. This makes it crucial to find a speech therapist who has undertaken professional development in the area of stuttering and is an active participant in the stuttering community.

A **holistic approach** to therapy addresses the unique experiences of a child who stutters, emphasizing confident and comfortable communication while ensuring they feel understood and empowered. When looking for an SLP for a child who stutters, the right questions can lead you to an ideal match. Consider these guiding questions\*:

## ✓ Experience and Connection to Stuttering

“What drew you to working with children who stutter? Do you have any personal experiences or stories that connected you to this field?”

## ✓ Therapy Approach

“How would you describe a typical session with a child who stutters? What kind of activities or discussions might take place?”

## ✓ Depth of Treatment

“Do you focus on the visible parts of stuttering, or do you help kids navigate the feelings and thoughts that might be 'below the surface'? Which is more important to address in therapy?”

## ✓ Tailoring the Approach

“Every child is unique, especially when it comes to stuttering. How would you adjust your methods to fit my child's specific needs?”

## ✓ Valued Outcomes

“What would meaningful and successful therapy outcomes be for my child?”

\*Adapted from Reuben Schuff's 2023 NSA Conference presentation & MySpeech resources

Looking for a speech therapist for your child who stutters? We can help!

Visit the MySpeech database of Spero Ally of Stuttering™ SLPs



SperoStuttering.org

# Potential Positive Outcomes of Speech Therapy for Your Child Who Stutters

By understanding the varied outcomes of speech therapy, parents can make informed choices and establish expectations when searching for a speech-language pathologist (SLP) for their child who stutters. The following are examples of **affective** (emotions and feelings connected to stuttering), **behavioral** (communicative actions), and **cognitive** (thoughts associated with stuttering) **positive outcomes** from speech therapy:

## Affective Outcomes

- Feeling safe with who you are
- Self-confidence and willingness/courage to face different speaking situations
- Sense of community/belonging (not feeling alone)
- Enjoyment in communicating

## Behavioral Outcomes

- Verbal participation in varying situations
- Comfort, ease when stuttering
- Increased talking
- Increased spontaneity

## Cognitive Outcomes

- Giving themselves permission to stutter
- Engaging in open conversations about their stuttering journey
- Stepping out of the shadows, no longer hiding
- Letting go of constantly wondering what others might be thinking

## Start Your Search Here

Embarking on a journey to find the right speech therapist can feel daunting. A helpful starting point? The **Ally of Stuttering™** seal. An SLP with the Ally of Stuttering™ seal:

- Has undergone advanced training in stuttering post-graduation.
- Actively engages with the stuttering community.
- Is dedicated to regular, updated training in stuttering.

Note: While the seal indicates commitment and training, it doesn't guarantee the quality of service.

Learn the difference in training and preparation among SLPs and hear from parents and individuals who stutter to understand why finding a specialist or an experienced SLP with the Ally of Stuttering™ designation is so important.

