

## Create a relaxed and natural communication environment

Should communicate with your children in a relaxed atmosphere and choose topics that they are interested in. For example, talk about daily matters with them or talk about their favourite activities while walking.



Give positive, specific and constructive feedback timely to avoid undermining the self-confidence of the children in speaking with negative criticism.



## Support Measures and Strategies

### Referral

If you suspect that your children have fluency problem, they may be referred by the school to the school-based speech therapist for follow-up.

### Useful Website and Telephone Number for Enquiry

#### Hotline

If you have any questions, please call the Education Bureau at 3698 3957.

#### Website

“SENSE” Integrated Education and Special Education Information website  
<https://sense.edb.gov.hk/>



# Understanding Fluency Problem

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You could take your time.



## Introduction

In general, people will have occasional have non-fluent speech in different situations, for example, when being nervous. However, if the “stuttering” characteristics of your children during talking persist, they may have fluency problem.

## What is “Fluency Problem”?

Common characteristics of fluency problem (i.e., fluency disorder, commonly known as “stuttering”) include:

### Repetition of words

- ▶ For example: “I went to the toilet, and...and...and then I went to buy food.”

### Syllable prolongation

- ▶ For example: “Good Mm...orning Ss...ir” (The initial sound of morning” and “Sir” are prolonged).

Good  
Mm...orning  
Ss...ir



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## Blocking (Obstructs during speaking)

- ▶ For example: “Today...(obstruct)...the li...(obstruct) brary...is not open.”

## Abnormal associated movements while speaking

- ▶ For example, while speaking, being abnormally nervous, with laryngeal muscles tension, or have petty actions like eye blinking or abnormal nose twitching.



## Causes of Fluency Problem

The causes of fluency problem are complex, which may be related to psychological, environmental, muscle coordination and genetic and other factors.



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## Roles of Parents

Parents can start from the basic to improve the speech fluency of your children:



### I Understand the problem of your children

- ▶ Observe whether your children have fluency problem in front of certain people, on certain occasions, in certain environment, or while speaking on certain topics or certain words.
- ▶ Observe the emotional response of your children, guide them to talk about their feelings and analyse the reasons behind the problems with them, so as to help them relax and find solutions to the problems.

### II Listen more without interruption

- ▶ While your children are speaking, parents should listen patiently, maintain appropriate eye contact, pay attention to their body language and give more encouragement and feedback.
- ▶ Parents should also pay more attention to the speech contents of your children and respond appropriately, rather than just focusing on the fluency problem.

### III Lead by example and set a good model in speaking

- ▶ The speaking rate should be appropriate with appropriate pauses.
- ▶ Express content in an orderly manner.

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