

# Working on Speech Fluency at Home

If your child is working to improve his/her speech fluency skills...  
(what we usually focus on in speech-language therapy is increasing ability to speak smoothly and easily, often with the use of fluency techniques).

①

First, check your child's IEP or other paperwork to make sure you know what the specific fluency goal is.

Encourage your child to read homework or a book out loud while focusing on their smooth speech.



②

It is more than likely your child is able to explain the fluency strategies/techniques he/she has been working on, to implement in therapy. Encourage them to think about what those entail and verbalize them to themselves and/or you.

③

Encourage your child to work on implementing their fluency strategy in a quiet place individually or while engaged in conversation with you. Gentle quick reminders to use their strategy while taking part in this activity are useful to help them to work for smoother speech. These reminders are not beneficial all the time. Your child needs to have times where he/she can communicate with their guard down.

Spending 5 minutes a day (or every other day) practicing their fluency can be very effective!