

WHICH STRATEGY IS BEST FOR ME?

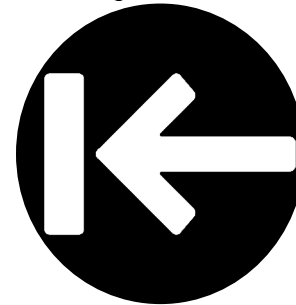
FLUENCY STRATEGIES

Some strategies work directly with the stuttering events (known as stuttering modification strategies) while others work on altering a person's behaviors with producing speech (known as fluency enhancing techniques). Any one or more of the strategies may be helpful in reducing disfluencies. In most cases a combination of both kinds of strategies is most beneficial.



SLOW RATE

Use a slow rate of speech when talking. Allow yourself time to think of what you want to say before you say it.



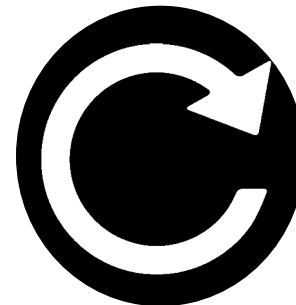
STRETCHY SPEECH

Stretch the beginning sound of the phrase or sentence.



EASY ONSET

Begin your word or sentence slowly and easily.



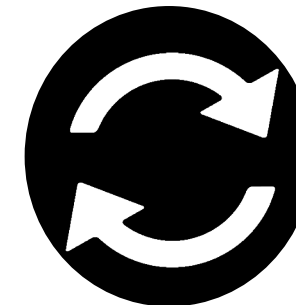
CANCELLATION

After you finish a stutter, stop and take a breath. Then, begin again.



LIGHT CONTACT

Try your best to make light contact or touches with your lips, tongue or teeth.



PULL-OUT

During a stutter, stop and take a breath. Then, begin again.