



Summer Camp Tips

A Guide for Supporting Young People Who Stammer at Summer Camps

Name: _____

Share this with your coach/leader !

This is what I would like you to know about stammering:

- Stammering a difference in how people talk.
- It is not caused by being nervous or shy but I might need encouragement to join in.
- Stammering can vary - some days I stammer more and other days I stammer less.
- I don't always know why it varies and often there just isn't a reason!

This is how I experience my stammer:

- | | | |
|--------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Blocking/words get stuck | <input type="checkbox"/> Repeated sounds | <input type="checkbox"/> Stretched sounds |
| <input type="checkbox"/> Pretending I'm thinking | <input type="checkbox"/> Avoiding talking | <input type="checkbox"/> Talking less |
| <input type="checkbox"/> Changing to a word I might not stammer on | <input type="checkbox"/> Pretend I don't know the answer to avoid stammering | |

This is what I would like to happen at registration/sign-in:

- Let me choose how to reply - I might say my name, say 'here' or wave my hand
- Consider alternatives such as a tick sheet for the register

This would help me to feel more confident and comfortable at the camp:

- Give me more time to say what I want to say
- Let me raise my hand to answer questions or join in
- Please don't call on me to speak if I don't volunteer

This is how I would like you to respond during a moment of stammering

- Don't say anything please - just keep listening.
- Please do not offer advice such as slow down/take a breath: it doesn't actually help!
- Don't finish what I'm saying or guess the word I am going to say.
- Give me time and encourage others to wait and give me time when I speak.
- Smile/nod in encouragement whether I am talking or stammering.

