

Helping your teenager who stammer

As children get older, they become more aware of their skills and challenges. They learn what helps and what is not so helpful. Listening to their ideas is important in finding out how we can help them. Here are some messages from Welsh children who stammer and tips on how you can help:

How to help

Give plenty of time

“I find it hard to talk when I have to say something within a short period of time.”

“When I am speaking, I would like you to listen and wait for me to finish.”

Take turns to talk

“I don’t like it when people interrupt.”

Keep normal eye contact

“When people look away when I get stuck it feels like they don’t have time to listen to me.”

Let your child speak for themselves

“Some people finish for me. It’s kind, but not helpful. I have my voice. Just listen, wait and be patient.”

Give reassurance when needed, but don’t give your child advice when they stammer

“People giving me advice about speaking doesn’t change my stammer.”

About us

Treat us like everyone else

“Having a stammer should not stop you from following your dreams.”

“I don’t want to be treated differently.”

Other things to know

Using a speaking technique is hard

“I sometimes try to use techniques when I talk which helps the stutter go down. But I find it stressful because it’s like learning to talk again.”

Talk to your child about stammering; find out what it’s like and how to help

“It’s ok if my parents ask me questions about how I feel about having a stammer.”

Websites and videos with more information

Stamma www.stamma.org

Michael Palin Centre for Stammering Children <https://michaelpalincenreforstammering.org/>

Action for Stammering Children <https://actionforstammeringchildren.org/>

<https://actionforstammeringchildren.org/get-involved/stambassadors/>

The Fluency Trust <https://thefluencytrust.org.uk/> <https://thefluencytrust.org.uk/projects.html>

‘My stammering tap’ <https://vimeo.com/239094673>

‘I have a stammer’ <https://www.youtube.com/watch?v=9aWSkkOUTH0>

Helpu eich plentyn yn ei ardegau sydd ag atal dweud

Wrth i blant fynd yn hŷn, maen nhw'n dod yn fwy ymwybodol o'u sgiliau a'u heriau. Maen nhw'n dysgu beth sy'n helpu a beth sy'n llai defnyddiol. Mae gwrando ar eu syniadau'n bwysig er mwyn dysgu sut gallwn ni eu helpu. Dyma negeseuon gan blant o Gymru sydd ag atal dweud a chyngor ar sut y gallwch chi helpu:

Sut i helpu

Rhoi digon o amser

"Dwi'n ei chael hi'n anodd siarad pan mae'n rhaid i mi ddweud rhywbeth mewn amser byr."

"Pan dwi'n siarad, hoffwn i chi wrando arna i ac aros i mi orffen."

Cymryd tro i siarad

"Dydw i ddim yn ei hoffi pan fydd pobl yn torri ar draws."

Cadw cysylltiad llygaid arferol

"Pan mae pobl yn edrych i ffwrdd pan dwi'n mynd yn sownd mae'n teimlo fel does ganddyn nhw ddim amser i wrando arna i."

Gadael i'ch plentyn siarad drosto'i hun

"Mae rhai pobl yn gorffen fy mrawddegau i fi. Mae'n garedig, ond dydy o ddim yn helpu. Mae gen i fy llais fy hun. Jyst gwrandewch, arhoswch a byddwch yn amyneddgar."

Rhoi sicrwydd pan fo angen, ond peidio â rhoi cyngor i'ch plentyn pan maen nhw'n siarad ag atal

"Dydy pobl yn rhoi cyngor i mi am siarad ddim yn newid fy atal dweud."

Amdanom ni

Ein trin ni fel pawb arall

"Dylai bod ag atal dweud ddim eich rhwystro rhag dilyn eich breuddwydion."

"Dydw i ddim eisiau cael fy nhrin yn wahanol."

Pethau eraill i'w gwybod

Mae defnyddio techneg siarad yn anodd

"Weithiau dwi'n trio defnyddio technegau pan dwi'n siarad sy'n helpu'r atal dweud fynd yn llai. Ond dwi'n ei weld o'n straen achos mae o fel dysgu i siarad eto."

Siaradwch â'ch plentyn am atal dweud; dysgwch sut beth yw e a sut i helpu

"Mae'n iawn os yw fy rhieni yn gofyn cwestiynau i mi am sut dwi'n teimlo am fod ag atal dweud."

Gwefannau a fideos gyda mwy o wybodaeth

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