



Speeding Tickets for Stuttering and Cluttering

Introduction:

Many children with stuttering or cluttering speak very quickly and would have fewer disfluencies if they slowed down their speech. That's why we teach "slow speech" as a strategy in stuttering therapy to some children. These speeding tickets will help a child remember to slow down his speech when it starts to get too fast again.

Instructions:

1. Print the speeding tickets on the next page on sturdy paper and laminate them. Carry them around with you during your speech therapy sessions or at home.
2. Tell the child that you're going to be listening for when he starts speaking too quickly and show him the speeding ticket. Tell him that if he gets a speeding ticket, he has to re-say the last thing he said with a slow voice and then continue to speak slowly after that. If he gets too fast again, you'll give him another speeding ticket.
3. Start doing an activity with the child that he really enjoys. At first, you may want to start with a slightly less exciting activity so he can get good at using his slow speech, but after that you can move on to activities that he really enjoys. When he starts to speak too quickly (and/or starts to stutter), hand him a speeding ticket and ask him to slow down.

**** Note:** Keep in mind that this strategy will work great for some children and not at all for others. If you find that this activity causes the child anxiety and actually makes his stuttering worse, please discontinue immediately and try some other approaches to fluency therapy.



Speeding Ticket

You have been caught going too fast. Say that again with your slow speech!



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