

Speech strategies: stuttering

<i>Strategy</i>	<i>How to do it</i>	<i>Why it works</i>
Breathy speech	Add extra air in your voice.	Reduces tension.
Blending Continuous phonation	Keep your voice going all the time. Blend sounds together smoothly. Let your mouth and voice glide through your words.	Reduces tension, slows down your speech.
Easy start Easy onset	Start the first word of your thought with a very relaxed, slow voice. The rest of your sentence will be normal speed.	Reduces tension.
Easy stuttering	Let yourself stutter! Repeat the first syllable of your word or phrase on purpose, with a relaxed mouth and throat.	Easy stuttering reduces tension, and makes stutters shorter and less noticeable.
Eye contact	If you are having a hard time with your speech, keep looking at the person you are talking with. Don't look away.	Helps the other person know that you are still talking with them, and can keep them from interrupting you.
Finger strategy	Run your finger under the words while you read them out loud. Keep your voice with your finger.	Reduces rate. Helps with pacing, and helps keep your mouth and your eyes moving together.
Long starts	The first word of each sentence is sssslow and sssstretchy.	Reduces tension.
Mushy Mouth Soft sounds Light articulatory contacts	Speak using "soft contacts" on consonants. Your lips and tongue barely touch when you talk.	Reduces tension.
Phrasing	Take breaks for breathing and pausing. Add a pause in between ideas, when you need to breathe, if you are about to stutter, or when you need to think about what to say next.	Reduces rate. Gives extra time for your mouth to make the sounds. Also helps add expression to reading or speaking.
Pull-out/Slide	Freeze on the stutter. Relax the part of your speech machine that is tight or pushing. Keep going with the word.	Reduces tension.
Speed scale	On a speed scale of 1-10, aim for "the zone", which is around a 3 or 4. 1-2 is too slow, and 6 and above is too fast.	Reduces rate. Going at a steady rate helps keep your mouth and your brain together.
Stretchy words	Stretch your words out looooooong, especially the words which are making you stutter.	Reduces rate, reduces tension.
Time-out	When you start to stutter, pause for 3 seconds, relax your mouth, and begin again.	Reduces rate, and reduces tension.