

Speech strategies: stuttering

Strategy	How to do it	Why it works
Diaphragm	Let your voice air before you start talking at the beginning of each sentence.	Helps relax your throat.
Breathily speech	Speak with extra air in your voice.	Helps relax your throat.
Finger strategy	Put your finger under the words while you read them out loud. Keep your voice with your finger.	Helps with pacing, and helps keep your mouth and your eyes moving together.
Speed scale	On a speed scale of 1-10 use the "cheese" which is around a 2 or 4, 1-2 is too slow, and 9 and above is too fast.	Going at a steady rate helps keep your mouth and your brain together.
Long starts	The first word of each sentence is sentence and naturally.	Helps relax your throat.
Pacing	Take breaks for breathing and pausing at commas and periods.	Helps with pacing. Give extra time for your mouth to make the sounds. Also helps add expression to reading or speaking.
Soft sounds	Speak using "soft consonant" or nasals. Move lips and tongue barely touch when you talk.	Helps relax mouth and throat.
Easy stuttering	Let yourself stutter! Chase easy stuttering (inhalant mouth, slow take) and let it out until you are okay to move on. Just let it happen!	Easy stuttering reduces tension, which makes stuttering 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.
Speech clear out	When you start to stutter, pause for 2 seconds, relax your mouth, and begin again.	Give your mouth and brain a "reset" that your stuttering is done well!
Stretchy sounds	Stretch your words but not necessarily, especially the words which are making you stutter.	Helps you slow down, and gives your mouth extra time to catch up to your brain.
Account	Use a fake account when you're talking.	Tricks your brain into thinking that you are someone else - someone who doesn't stutter!