

Fluency Enhancing Strategies



"Turtle" Talk: Speak very slowly, as if in slow motion.
Ex: Gooooooooood Mooooooooorning



Easy Start: Stretch out the first sound(s) slow & easy
Ex: A -----> ndy is my best friend



Stretch: Stretch sounds and prolong syllables
Ex: Ho----->w ar----->s yo----->u



Light contact: Touch lips together very lightly when speaking



Chunking: Group words together with a pause in between
Ex: I need (PAUSE) to wash (PAUSE) my hands



Cancellation: After a stutter, pause and say the word slowly again.
Ex: I w-w-w-w-want (PAUSE) want to play.



Pull out: Stop in the middle of a stutter, pause, breathe & continue
Ex: I n-n-n-n- (PAUSE) need a tissue.

