

What are the best exercises to do daily for stop stuttering?

6 ANSWERS



Greg Little, Lifelong stutterer, who became a public speaker.

Updated Apr 13

I've stuttered all of my life....and I mean SEVERE stutter. It wasn't until 1982, when I went to an exceptional speech pathologist, did I find hope. During the first session, I was told that it cannot be cured, but **it can be controlled. That gave me hope!** He gave to me the six rules for good speech. Which are:

- 1) Think - about what you say before you say it.
- 2) Breath - talk as you exhale rather than inhale.
- 3) **Move your mouth** - that will prevent slurring
- 4) **Make all sounds** - and be sure to emphasize the last sound of each word.
- 5) **Use enough voice**
- 6) Talk slow - in order for you speech to sound normal to the listener, **it must sound abnormal to you.**

Too, I learned years ago from Dr. Don Kirkley, who taught public speaking at the Pentagon, **the key to effective speaking is hesitation. Pause.** No more than six (6) words at a time without a pause. Even less...than six... will work...nicely.

My fear of public speaking was for many years more than most could possibly comprehend. **Now, it's a rush. Promise!** To make a long story short, by using the rules given to me, I've presented workshops/seminars throughout the United States.

There is more that I could share in this space; however, if you would like to read about my experience, you can review the **ebook** on Amazon Kindle, ***Rise Above: Conquering Adversities.***

CLICK on the link below. Even though it's **very inexpensive**; you should find the content **very helpful.**

Also, **through April 17 you can download the ebook for FREE:**

[Rise Above: Conquering Adversities - Kindle edition by Greg Little, Kathy McClure, Risa Bruner, Isidor Muniz, Tony Johnson. Self-Help Kindle eBooks @ Amazon.com.](#) 

Good luck! YOU can do it!

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Joe Kalinowski, History buff, lived in Canada and the USA

Updated Feb 29, 2016

For any of those of you who have had intensive therapy, you know there is a phenomena known as carryover fluency. You get out of therapy and you don't have to use any techniques to maintain your fluency. You don't need to avoid or substitute either. Speech pathologists usually get upset at you because you're not using your droning techniques all the time. You do not have to use these tactics all the time! You can drone or dramatically slow your speech for five minutes or even 10 minutes every day while reading with no one present (See [Stuttering: Carryover fluency training](#). ) The more you do this practice the longer carryover fluency last and even when you stutter the moments are less frequent and shorter). During Carryover Fluency stutterers spend much less time thinking about avoiding or substituting, and their speech. Slowed rates of speaking or droning generate fluency. That is why the beginning of extreme prolongation therapy is so powerful (2-sec per syllable). It's at the end of therapy when you're trying to sound normal and not using exaggerated speech rates that you begin to stutter more. [Stuttering: Carryover fluency training](#). 

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Bhupendra Singh Tomar, I love Dogs and Beaches!

Written Apr 7, 2015

There are two very basic steps which can help control stammering/stuttering.

1. Take deep breathe while speaking, while your stomach is full with air, throwing out words from mouth becomes easy.

2. Prolong alphabets/words/sound/vowel almost everything which you know you might stutter at.

To overcome you can should start from the basic, first try to speak each word perfectly, the speak couple of words perfectly, the a small sentence, then couple of lines, then a paragraph. If you go step by step, it would be very beneficial for you.

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Rima Shasha, studied at University of Sydney

Updated Dec 2

It depends on whether it is a child or and adult that is stuttering. I would highly reccomend seeing a speech pathologist for an assessment to determine the kind of stutter (as stuttering comes in different forms). Then an appropriate therapy plan can be implemented. For a child up to the age of 7, a program called The Lidcombe Program is one that is used commonly in Australia with great results for eliminating a stutter in children. For adults, a therapy approach called Prolonged Speech is commonly used. For both, you would definitely need professional assistance to implement.

Hope that helps !

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Thila Raja, speech therapist, works with adults

Written Feb 29, 2016

Speech therapist, they can tailor the exercises for you!

Otherwise, I would highly suggest breathing - abdominal breathing and pace exercises. Time yourself and see how many words you can come up with that start with:k, f, sh, d, t - or the ones you stutter on

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Jim Grossmann, I am a speech/language therapist, but not YOUR speech/language therapist.

Written Apr 7, 2015

Consult a speech therapist. They're in the yellow pages.

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