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The Lidcombe Stuttering Program

"M-m-m-mummy, can I I I have a lo-lo-lo-lollie a-a-a-and ice-cream please?"

Sound familiar? Perhaps this sounds like your child's speech?

If so, he or she (though stuttering is more common in boys) may benefit from the Lidcombe Program.

This Australian developed program is highly effective for pre-school aged children. The earlier therapy occurs, the better. One of its principal researchers, Professor Mark Onslow, believes it to be the most effective stuttering program in the world for young children. His research, from the Australian Stuttering Research Centre in Sydney, shows an average of 11 clinical hours virtually eliminates stuttering in pre-school children.

The First Stage:

Parents (or carers) attend weekly visits and are trained to comment directly about the child's speech. This positive feedback occurs when a child speaks fluently.

The Second Stage:

Involves less frequent visits and generalisation of fluency to every-day speaking situations

Parents carry out regular, daily ratings (score out of 10) and make weekly audio tape recordings outside the clinic to ensure that progress is occurring.

The Lidcombe Program is utilised by more than 80% of speech pathologists in Australia and is widely used in the U.K. and Canada. Remember that not all children who have disfluency of speech may necessarily need to undertake the Lidcombe Program. An assessment by a qualified paediatric speech pathologist is essential (it is a good idea to take to your speech pathologist an audio taped recording of the child stuttering).

Identification of Early Stuttering

1. Repetition of parts of words, eg "bu-bu-bu-but".
2. Repetition of whole words in a sentence, eg "Mum mum mum...look at me!"
3. Repetition of phrases, eg. "Can I, can I, can I have a lolly?"
4. Elongations of sound in words, "Wwwwwhere is it?"
5. "Blocks" or periods of silence when attempting to speak.
6. Facial grimacing, eye blinking when attempting to speak
7. Frustration, struggle or effort when attempting to speak.
8. Comments such as "Mummy I can't say it".
9. You are concerned that your child may be stuttering.

Waiting to see if children out-grow stuttering is risky.

Early Assessment is vital.

Therapy can commence with children as young as two - three years of age.

If you have any concerns about your child's fluency, seek an assessment and therapy early.

Further information please do not hesitate to contact us on 9899 5494 or check out the website for the Australian Stuttering Research Centre on: www.fhs.usyd.edu.au/asrc

NB: The information contained herein is not advice. It is general information for adults on children's communication development. It is not intended to be used as a sole means of identifying children with communication difficulties. Advice from a qualified paediatric Speech Pathologist is recommended.

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