

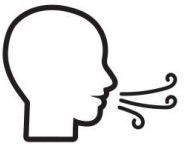
WHAT HELPS ME HAVE SMOOTH SPEECH?

YOU CAN USE A VARIETY OF STRATEGIES TO HELP INCREASE FLUENCY. LET'S TALK ABOUT THEM!



LIGHT CONTACT

Touch your articulators (lips & tongue) together very gently as you speak.



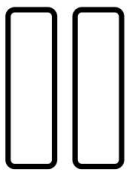
EASY ONSET

This is also called "easy starts". Start your airflow before you speak.



SLOW SPEECH

Reduce your rate of speech so you are speaking slower than usual.



PAUSING

Group words together and pause between sets of words.



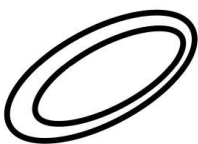
CANCELLATIONS

When you have bumpy speech, finish your word. Then try again after pausing and taking a breath.



PULL OUTS

When you start to have bumpy speech, stop in the middle of the stutter & start again.



STRETCHY SPEECH

Stretch your words out so they are long and smooth.