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**Children's Therapies  
Oxfordshire Speech and Language  
Therapy Service**

If you would like to refer a child or you require further information please do get in touch with:

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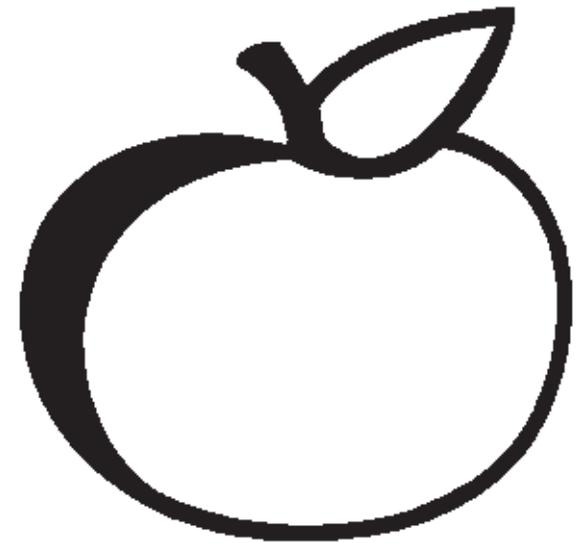
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**Help for Young Children  
Who Stammer**

**The Lidcombe Programme**



**Oxford Stammer Programme**

# Information for Parents

## The Lidcombe Programme for Children who Stammer

### Aim

To eliminate stammering using direct therapy, which gives your child a chance to practise stammer-free speech and to 'fix' stammers or bumps.

### Key Features

- **Parent based programme:** the speech and language therapist's role is to teach you, step-by step, how to do the therapy, so that it can be carried out at home.
- **Praise for stammer-free speech:** at first this happens in the practices only, to make sure the child knows that we are all trying to help with the talking and not being critical.
- **Gentle correction:** at some stage comments on the 'bumps' may be introduced to help the child know when he or she is stammering, so the bumps can be 'fixed'.
- **Daily practices:** these are good fun, using games and books and toys, starting easy words and short sentences so that your child can produce lots of "smooth talking" and get praised for so doing. When the child is using lots of smooth talking, the praise and correction may be introduced into everyday talking.
- **Speech measures:** you will measure your child's progress using a Severity Rating Scale. The therapist also measures the stammering every time she/he sees you and your child.
- **Maintaining fluency:** your child will continue to be monitored for up to a year after therapy.

### Rationale

The Lidcombe Programme is a behavioural approach based on the idea that stammering is a speech-motor problem. Talking fluently is like other motor skills (e.g. throwing a ball) and needs practice in order for it to improve. The therapy provides a chance for the child to practise talking smoothly and for the speech mechanism to get stronger.

Research has shown this programme to work quickly and successfully with pre-school children, and children up to the age of 8 years.

### Parent's/Carer's Commitment

You will need to be able to:

- Attend therapy every week during Stage 1.
- Listen to your child at home to record the Severity Ratings.
- Do a fun practice at home every day for 10 to 20 minutes.
- In Stage 2 continue to attend therapy but less often.

### Speech and Language Therapist's Commitment

The Speech and Language Therapist will:

- Agree a schedule of therapy, usually once a week for about 45 minutes in Stage 1.
  - Teach you how to do the Severity Ratings.
  - Teach you, step by step, how to do the therapy.
  - Provide ideas and suggestions about what to use at home for practices
  - Arrange Stage 2 support to ensure stammer-free speech continues.

