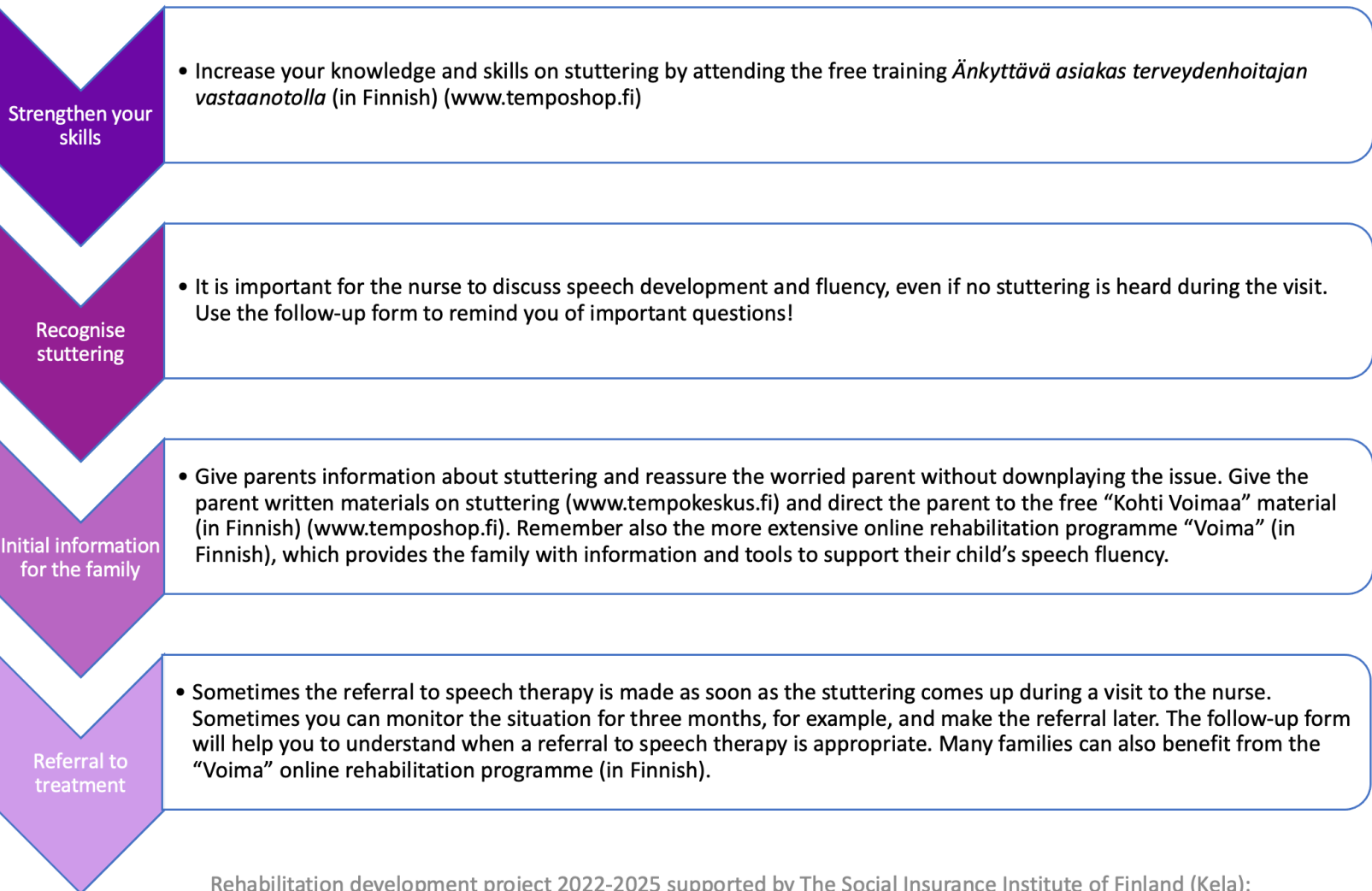


Health nurse – how to deal with stuttering in a child!



For health nurses:



For families:



For early childhood education and care:



Rehabilitation development project 2022-2025 supported by The Social Insurance Institute of Finland (Kela):
Improving access to care for children with stuttering.
Voimavarakeskus Tempo Oy. Stuttering Resource Center Tempo.

Recognising and monitoring stuttering in the health nurse's office

The form is intended to support the health nurse in recognising stuttering. The themes of the form can be discussed with the parent. You can record the features of the stuttering on the form and, if you continue to follow up, you can also record the findings from the follow-up visit on the same form.

Recognising speech disfluency

What is the child's speech like? How does the child express themselves? Does the child's speech flow smoothly? Has this always been the case, or have there been periods or situations where the child's speech has been disfluent or the child has stuttered?

speech has always been fluent

there have been disfluencies in speech

If the child's speech has always been fluent, there is no need to continue the questionnaire.

	date of visit: observations	date of visit: observations
When did the stuttering first start?		
How does the stuttering manifest? What is it typically like? What is it like at its most difficult?		
How has the stuttering varied since it started? Has stuttering become milder or more difficult?		

If it has been 6 months since the child's stuttering started, make a referral to a speech therapist.

In any case, refer the family to the free "Kohti Voimaa" materials (in Finnish) (www.temposhop.fi) and provide the parent with the written materials on supporting the child's fluency (www.tempokeskus.fi)

If the child is in early childhood education and care, you can pass on information about free training (www.temposhop.fi) to help the staff to support the child's fluency in everyday situations.

Child's reactions to speaking

How does the child react when their speech is not fluent; how does the child behave when speaking is difficult?		
Does stuttering affect the child's participation and courage to speak? How?		
What does the child say about their stuttering and speaking?		

If the child reacts negatively to stuttering, for example if they become frustrated or avoid talking, the family should be referred to speech therapy immediately, regardless of how long it has been since the stuttering started.

Parental concern

How concerned is the parent about the child's stuttering? on a scale of 0=not at all concerned, 10=very concerned		
How does the stuttering make the parent feel?		
How does the parent feel they can help the child?		

If the parents are very concerned about their child's stuttering, make a referral to speech therapy immediately.

The free "Kohti Voimaa" material (in Finnish) can help the parents. Remember also the extensive online rehabilitation programme "Voima" (in Finnish), which provides the parents with a lot of information and tools to support their child's speech fluency.

You can pass on information to early childhood education and care about the free training tailored to them to help them to support the child's fluency in everyday situations.

You can continue monitoring changes in speech fluency and arrange a follow-up visit with the family to the child health clinic in 3-6 months if all of the following criteria are met:

- less than 6 months have passed since the onset of the child's stuttering
- the child does not react negatively to stuttering and it does not affect their participation in different speaking situations
- the parent is not yet concerned