

Fluency

Below you will find tips for parents and activities to support working with your child on their fluency skills at home.

- [Tips for talking with your child at home](#) (Spanish and English): Strategies to promote fluency
- [National Stuttering Association Resources](#): Printable resources, including tips for parents.
- [Stuttering E-Books](#): Free and downloadable books to read at home about stuttering
- [Breathing Practice](#): Step-by-step breathing exercises for home
- [Self-Monitoring for Fluency Practice](#): Have your child monitor their own fluency at home
- [Pacing Board for Rate of Speech](#): If your child is using a pacing board in Speech Therapy, they can use this one to practice at home