

### **Palin STC —**

an approach that helps parents to enhance their child's fluency and sets their children up to help themselves

- *Parents do not cause stammering. They are the best people to help their children.*
- *Parents can influence their child's speech, language and fluency skills.*
- *Sessions are arranged for one hour, once a week for 6 weeks, followed by a 6 week consolidation period and a review session where further decisions can be made.*
- *Therapy is typically funded by local NHS commissioners*
- *It is delivered by specialist therapists under supervision.*
- *It is based on research and many years of clinical experience.*

**The Michael Palin Centre  
for Stammering  
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The  
Michael Palin  
Centre  
for stammering



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The  
Michael Palin  
Centre  
for stammering

## **Palin Stammering Therapy for Children (PalinSTC)**



Whittington Health 

 **Action for  
Stammering  
Children**  
*changing lives forever*

## Palin STC

This leaflet is intended to give you an overview of Palin STC.

This approach has been developed through many years of clinical experience.

We know that parents do not cause stammering, and we also know that they are an essential ingredient in helping their child.

Plain STC aims to give parents the tools to support their child to gain more fluency.

Often we find that when children talk a bit more slowly, or give themselves a bit more time to plan sentences, they are more likely to be fluent. Parents are the best people to model helpful strategies and guide their children towards more fluency—with the support of their therapist.

There is no magic! Therapy may be a slow process. Don't expect too much, too quickly.

### Measuring Progress

Your therapist will ask you to complete questionnaires and will assess your child's fluency regularly. Your therapist will discuss the results with you.

### Our Commitment

- The speech and language therapists at the Michael Palin Centre are all specialists with particular knowledge and experience of stammering.
- The clinical staff are regularly supervised and attend further training to ensure continuing professional development
- Our therapy services are regularly evaluated and there is an ongoing research programme.
- We value feedback about therapy.
- Additional appointments are available as necessary.

### Your Commitment:

- Both parents (unless a single parent family) are needed for all therapy sessions.
- Parents/carers are required to carry out "special times" as negotiated (or to discuss changes if necessary)
- To let us know as soon as possible if sessions have to be cancelled.
- To let us know as soon as possible if you have any worries or concerns.

At the beginning I thought why do we all need to go (to the sessions) when James is the one who stammers, but understanding his stammer is within the structure of how we communicate with each other".  
(David, father of James)

"Understanding how family communication works you are already half way to helping your child towards fluency".  
(Emma, mother of James)

He seems much happier and more confident since he first started (therapy) and you'll be pleased to hear that he ordered his own chocolate ice cream in a restaurant on Saturday". (Jenny, mother of Tim)