

Palin Parent-child interaction therapy

- *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.*
- *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.*

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Palin Parent- Child Interaction Therapy



Whittington Health 

 **Action for
Stammering
Children**
changing lives forever

Palin Parent-Child Interaction Therapy

This leaflet is intended to give you an overview of Palin Parent Child Interaction Therapy.

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.

Stammering in young children can be variable and unpredictable.

Telling a young child what to do is often unsuccessful - but by helping parents to become role models in talking, they can have a significant impact. They can also make small changes at home that can make a difference to their child's talking.

In our therapy we aim to help children to become confident communicators by building their fluency and communication skills with parents' support as they become more knowledgeable about stammering and how to handle it.

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

Our Commitment

- The speech and language therapists are all specialists with particular knowledge and experience of stammering.
- The staff are supervised 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 sessions.
- 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.

Measuring Progress

Your therapist will ask you to complete questionnaires and will assess your child's speech regularly.

Your therapist will discuss the results with you.

"Our therapist gave us a clear explanation of how the therapy was structured and what each step was designed to achieve. That approach gave us a level of understanding that enabled us to feel empowered and incredibly positive about the therapy." Mother of Kai, age 7.

"We feel that all families would benefit from the therapy delivered at the Clinic, as it forces us to stop, give time and reflect on us."
Isabella, mother of Apollo, age 7

"It's taken the problem out of it, he's seeing it less and less as a problem, we talk more openly which we never did before."
Mother of Zak, age 4.