

professional people to advise parents not to worry about stuttering and not to seek treatment. However, it is quite normal for parents to be concerned about their child's stuttering. Unfortunately, it is not possible to know in advance whether your child will recover without treatment, so it is recommended that you seek the advice of a speech pathologist as soon as possible after your child starts to stutter. The speech pathologist may suggest waiting a short while to see if the stuttering goes away naturally or may suggest starting the Lidcombe Program immediately. Other factors, such as whether your child is distressed by the stuttering, will be taken into account when deciding to

start treatment. It is recommended that children start the program before they reach 5 years of age.

Further Information

Further information about the program, including how it should be implemented and scientific reports on outcomes, is available on the Internet, on the following websites:

Australian Stuttering Research Centre:

www.fhs.usyd.edu.au/asrc

Stuttering Unit:

www.swsahs.nsw.gov.au/stuttering

or for further information contact:



Information in this pamphlet was compiled by
– **Continuing Professional Education in Stuttering (CPES)** –
Australian Stuttering Research Centre, The University of Sydney
Department of Linguistics, Macquarie University
Stuttering Unit, Bankstown Health Service



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The Lidcombe Program

Information for Parents of Young Children who Stutter

The Lidcombe Program is a treatment for young children who stutter. It has been developed since the mid-1980s at The University of Sydney at Lidcombe, and at the Stuttering Unit, Bankstown Health Service. Lidcombe and Bankstown are adjacent suburbs in Sydney, Australia. The program has been scientifically researched in Australia, Canada, and the United Kingdom, and the results of this research are very positive. In 2005 a randomised controlled trial of the Lidcombe Program was published in the British Medical Journal, showing that the treatment is extremely successful



The Lidcombe Program

As a parent, you do the treatment with your child each day. You comment constructively on your child's speech at various times and this shows your child how to speak without stuttering. You can do the treatment according to your family and cultural values. You and your child visit the speech pathology clinic each week. The speech pathologist works with you to ensure that the treatment is appropriate for your child and that it is effective (speech pathologists are also known as speech therapists, speech-language therapists, and speech-language pathologists). It is important that your child has fun while doing the program.

Features of the program

- You do the treatment with your child each day.
- You measure the severity of your child's stuttering each day by giving it a score between 1 and 10, where 1=no stuttering, 2=extremely mild stuttering, and 10=extremely severe stuttering.
- During Stage 1 of the program, you and your child see the speech pathologist for an hour a week, until the stuttering severity scores are 1 (or occasionally 2).
- Research shows that, when the treatment is done according to the treatment manual, 11 weeks is the median number of treatment sessions required to complete Stage 1. There is, however, a

considerable range of treatment times that are necessary. Some children may take only a few weeks, while others may take more than 22 weeks.

- During Stage 2 of the program, the amount of treatment you do and the frequency of clinic visits systematically decrease, provided the severity of your child's stuttering remains low. Stage 2 may last up to a year. It is very important to complete both stages of the program.

Treating Stuttering in Young Children

Many children grow out of stuttering in the preschool years. In the past, this has sometimes led

