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## Forword

Picture this: *Suddenly, your child is struggling to speak. You have this gut feeling that this is exactly what people refer to as 'stuttering'. You become stressed, frustrated and concerned. What should you do? What should you say? How should you feel? Why me?*

Often parents feel lost and do not know where to begin in such a situation. This book is the guiding light which parents can use to light up those early, scary days. Peter Schneider's and Anke Kohmaescher's *'guide for parents'* attempts to empower parents with information and strategies on how to deal with children who stutter. It provides an easy-to-read manual of comprehensive, practical and essential information on stuttering in children. Every important aspect in this area is very eloquently described and simple to understand. The only complaint is that I did not write it myself.

In his characteristically friendly, professional and passionate approach, Peter Schneider and Anke Kohmaescher capture the feelings and needs of parents of children who stutter. They provide detailed description of stuttering and treatment offered to children who stutter. Parents are an essential part of the team and need to be empowered with the right, effective information. The book is spiced with real-life stories of children who stutter. The delightful illustrations make the information visual and with insight. Useful websites are also included. It certainly helps parents avoid accessing misleading information on stuttering by searching unreliable websites. Weaving together different treatment options, the book allows parents to understand the rationale behind each approach. Using *'at a glance'*, each section is summarized in a nutshell. The guide is intended to give parents helpful, useful and effective information on stuttering. I can easily guarantee that goal.

The book has been very popular in Germany and the English version should be equally successful in the international arena. Parents following these guidelines will appreciate Peter Schneider's and Anke Kohmaescher's knowledge, expertise

and sound advice they so very passionately share in this work. What a wonderful way to embark on this fascinating journey with your child. Parents can give their child the best gift of all: Believing in them!

*Dr. Joseph Agius, European Fluency Specialist, University of Malta/ ECSF*

## Preface

If you have purchased this book, you are probably dealing with a stuttering child right now. Maybe you feel like many other parents and relatives of a child who stutters: you are worried, you feel unsecure and helpless. It is hard for you to hear your child stuttering without knowing how best to react to it and maybe you blame yourself.

Research confirms that parents of children who stutter feel especially burdened. However, we know that parents who are well-informed and supported feel less worried and stressed out. Although this book provides detailed information on stuttering, it cannot replace professional counselling and treatment. The addresses in the appendix may help you to find suitable professional help.

Originally, Peter Schneider wrote this book for the situation in Germany. To make it available for a broader public, the book was revised in cooperation with Anke Kohmaescher, who translated it into English. Please note that some aspects, e. g. health insurance coverage, legal situations or qualification of therapists, vary considerably between countries, which is why some passages might not exactly mirror the situation in your country. Finally, this book is written in British English, which means that certain words might not be familiar to you: stammering refers to stuttering<sup>1</sup> in American English while speech-and-language therapist is equivalent to speech-language pathologist in American English.

<sup>1</sup>“Stuttering” and “stutter” is nevertheless used in this book because it is more common.

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