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Specialist Speech and Language Therapy Service

Willy Russell Centre for Children and Adults who Stammer

**Confidence and Communication Group**

Information for parents and carers

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**Confidence and Communication Group sessions**

These are weekly, one-hour, in-person sessions for children, aged approximately 5-7 years, and their parents or carers. Typically, the children have some awareness of stammering.

**Aim of the sessions**

The aim of the sessions is to enable children to communicate more confidently, especially in group situations. They also enable children to develop a more positive attitude to communication, by meeting other children who stammer.

The sessions allow therapists to observe the children in a ‘natural’ situation.

**The activities**

From the children’s perspective, they are playing games and having fun. This is important, as fun is crucial for enabling the children to feel at ease, participate, bond, and get the most out of the sessions. The activities are all communication-based but, especially at the start of each session, the children are able to participate non-verbally (i.e. without speaking).

**Parents’/Carers’ role**

It is important for parents and carers to attend regularly and to join in the activities, as this provides a good role model for the children and gives them more confidence to join in. Parents and carers do not need to prompt their children to speak, as the activities are structured so that children can participate in other ways. It is helpful, however, if adults pause and allow plenty of time for their children to speak or participate non-verbally.



**After the group**

You may be offered a follow-up appointment to discuss what would be most helpful for your child. Some children will be invited to further Confidence and Communication Group sessions, although priority is usually given to children who have not previously accessed the sessions. Older children or children with a lot of insight into stammering may be invited to a different kind of group.

At the end of the sessions, it may be appropriate for a child to be discharged or referred to a different service. If your child is discharged, it will be easy for you to re-access the service.

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This leaflet only gives general information. You must always discuss your child’s therapy with the appropriate member of staff. Please contact the Specialist Speech and Language Therapy service at the Willy Russell Centre if you would like to discuss anything. If you live in Sefton, please contact your local Speech and Language Therapy service.

Willy Russell Centre for Children and Adults who Stammer

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Further information can also be found at:

<https://stamma.org/>

This information can be made available in other languages and formats if requested:

****Tel: 0151 228 4811

[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

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