HOME PROGRAM: Fluency/Stuttering – Light Contacts

Practicing tasks that address goals need to be conducted every day for positive outcomes. Patients performing home programs each day — allow for daily work toward goals.

Instructions: Attempt this strategy on three occasions in conversations before the next session. Then, write down thoughts/remarks/reflections about how you felt about the experience. Below is a description of the fluency-enhancing strategy of light contacts:

Light contact = producing the initial sounds of words that are plosives in manner — /b, p, d, t, g, k/ — these sounds are produced very gently. Light productions improve fluency due to less tension being produced.

Reflections/remarks about using this strategy:

1.

2.

3.