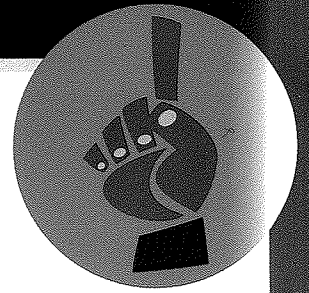


## Wait Time Discussion



### What is Wait Time?

*Wait Time* is waiting two seconds before talking.

### When should you use Wait Time?

Use *Wait Time* before you answer a question, share an idea, or while telling a story.

Use *Wait Time* if you feel tight in your *Speech Machine* or you forget what you wanted to say.

### Why does Wait Time help?

*Wait Time* helps you think. It helps you "regroup" if your idea gets mixed up. It helps you not rush into talking, which may help you relax your *Speech Machine*.

### Where can you use Wait Time? Who can you use Wait Time with?

Use *Wait Time* when speaking at home, on the playground, at a restaurant, or anywhere.

Use *Wait Time* with your teacher, your parents, a friend, your sister or brother, or anyone.

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## Turn-Taking Discussion



### What is Turn-Taking?

*Turn-Taking* is speaking when the other person is finished. You may ask the listener if he/she is finished before you begin speaking. If someone interrupts your turn, you can tell them you're not finished talking.

### When should you use Turn-Taking?

*Turn-Taking* is always used when we talk with others. People who wait their turn for talking are good listeners.

### Why does Turn-Taking help?

*Turn-Taking* helps us to be better listeners. It helps us remember to take turns. It might also help us take more time in our speech.

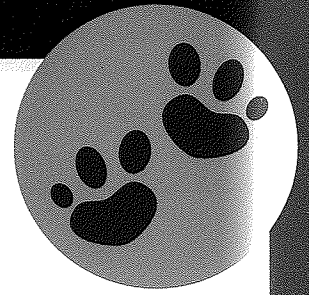
### Where can you use Turn-Taking? Who can you use Turn-Taking with?

Use *Turn-Taking* when speaking at home, on the playground, at a restaurant, or anywhere.

Use *Turn-Taking* with your teacher, your parents, a friend, your sister or brother, or anyone.

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# Pausing Discussion



## **What is Pausing?**

*Pausing* is stopping in the middle of a sentence.

## **When should you use Pausing?**

Use *Pausing* every 3-6 words, at periods or commas, if you run out of air, or just if you want to.

## **Why does Pausing help?**

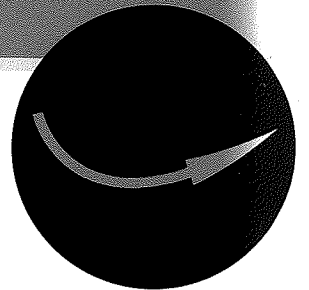
*Pausing* slows down speech. It may help you make your stories more organized.

## **Where can you use Pausing? Who can you use Pausing with?**

Use *Pausing* when speaking at home, on the playground, at a restaurant, or anywhere. Use *Pausing* with your teacher, your parents, a friend, your sister or brother, or anyone.

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# Easy Beginnings Discussion



## **What are Easy Beginnings?**

*Easy Beginnings* are starting the first one or two sounds of a word easily and lightly while letting the rest go.

## **When should you use Easy Beginnings?**

Use *Easy Beginnings* at the start of a word after you pause and start again.

## **Why do Easy Beginnings help?**

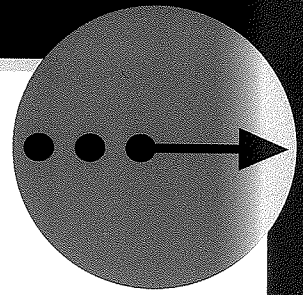
*Easy Beginnings* let you start talking smoothly and easily. It helps your *Speech Machine* stay relaxed.

## **Where can you use Easy Beginnings? Who can you use Easy Beginnings with?**

Use *Easy Beginnings* when speaking at home, on the playground, at a restaurant, or anywhere. Use *Easy Beginnings* with your teacher, your parents, a friend, your sister or brother, or anyone.

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# Pull-Out Discussion



## What is a Pull-Out?

A *Pull-Out* is a smoothing out of a stutter.

## When should you use a Pull-Out?

Use a *Pull-Out* when you are stuck and want to get the word moving forward.

## Why does a Pull-Out help?

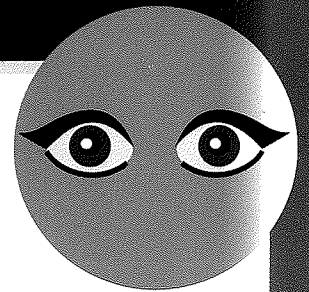
A *Pull-Out* helps reduce tightness in the *Speech Machine* so that you can finish the word.

## Where can you use a Pull-Out? Who can you use a Pull-Out with?

Use a *Pull-Out* when speaking at home, on the playground, at a restaurant, or anywhere. Use a *Pull-Out* with your teacher, your parents, a friend, your sister or brother, or anyone.

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# Eye Contact Discussion



## What is Eye Contact?

*Eye Contact* is looking at another person's face when you are talking or listening.

## When should you use Eye Contact?

Use *Eye Contact* when you are talking with smooth or bumpy speech and when you are listening.

## Why does Eye Contact help?

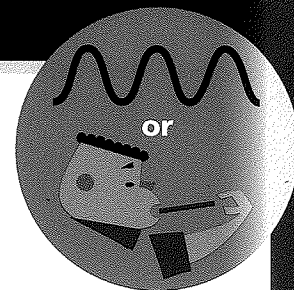
*Eye Contact* makes it easier for others to understand you. It makes you look confident or proud of yourself. *Eye Contact* makes your stutters smaller. It helps the listener know what to do if you get stuck.

## Where can you use Eye Contact? Who can you use Eye Contact with?

Use *Eye Contact* when speaking at home, on the playground, at a restaurant, or anywhere. Use *Eye Contact* with your teacher, your parents, a friend, your sister or brother, or anyone.

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## Fake Stutters Discussion



### What are Fake Stutters?

*Fake Stutters* are using little repetitions or a stretch of the first sound for as long as you need. These are Easy Repetitions and Sound Stretches. You can make them very relaxed or a little tense on purpose. When using stretches, make sure to feel the air move or the voice box vibrate on your stretch.

### When should you use Fake Stutters?

You can throw one or two *Fake Stutters* in a sentence to help your body get better at feeling real stutters, or to make real stutters smaller, or if you are afraid to stutter.

### Why do Fake Stutters help?

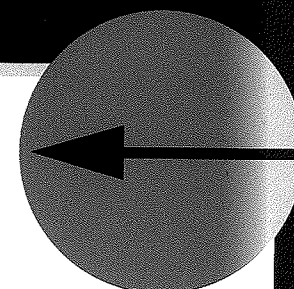
*Fake Stutters* help you feel real stutters faster, get them out easier, or feel not so scared to stutter.

### Where can you use Fake Stutters? Who can you use Fake Stutters with?

Use *Fake Stutters* when speaking at home, on the playground, at a restaurant, or anywhere. Use *Fake Stutters* with your teacher, your parents, a friend, your sister or brother, or anyone.

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## Cancellation Discussion



### What is Cancellation?

*Cancellation* is finishing a word with a stutter and then going back to the beginning and saying it again with a speech tool like *Easy Beginnings*.

### When should you use Cancellation?

Use *Cancellation* when you want to try a word you were stuck on again.

### Why does Cancellation help?

*Cancellation* helps practice tough words over again in an easier way.

### Where can you use Cancellation? Who can you use Cancellation with?

Use *Cancellation* when speaking at home, on the playground, at a restaurant, or anywhere. Use *Cancellation* with your teacher, your parents, a friend, your sister or brother, or anyone.

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