

How to Support Someone Who Stutters

Things you can do to help people who stutter feel supported and understood:

Be Patient

Don't rush or finish sentences.



Let them finish speaking at their own pace.

Listen Attentively

Make eye contact and let them know you're listening.



Show interest in what they say, not how they say it.

Be Supportive

Use encouraging phrases like, "Take your time" or "I'm here for you."



Be kind and understanding, not critical.

Ask How to Help

Everyone is different, so ask if there's anything you can do to make them more comfortable.



Respect their preferences and needs.

Stay Calm

Keep a relaxed, natural pace in conversation.



Try to set a calm, comfortable tone.

Advocate

Speak up if someone is teasing or interrupting.



Educate others and be an ally.

Focus on What They're Saying

Remember, people who stutter want to communicate just like everyone else. They simply need time to do it.



