LIDCOMBE PROGRAM- FLUENCY TREATMENT

WHAT PARENTS NEED TO KNOW AND DO

What is Lidcombe Program (LP)?

It is a behavioural treatment, which minimises stuttering in children. In this approach parents do not have to change their child's speech and language habits, nor change their lifestyle in anyway. The program is all about mastering certain verbal contingencies and using them during structured conversations with children, to help them reduce stutters. This program is highly researched and has a very good evidence base.

Verbal Contingencies that parents need to use in LP when child exhibits stutter free speech Vs unambiguous stuttered speech

Stutter free speech

Unambiguous stuttered speech

Praise

Examples:
1) "Wow, that was smooth"
2) "I am loving your smooth speech"
3) "That was so super smooth"

Request self evaluation

Examples:
1) "Was, that smooth?"
2) "Were there any bumps there ?"
3) "Did you say that smoothly ?"

Acknowledgement

Examples:
1) "Smooth talking"
2) "A little bump then"
3) "That was smooth"
4) "That was smooth"

Request self-correction

Examples:
1) "Can you try that again?"
2) "Can you say it smoothly?"
3) "See if you can say that without the bump"

How to deliver the verbal contingencies to get the best outcome

- Use a neutral non-punitive tone
- Verbal contingencies should be delivered only by the parent trained by the Speech Pathologist
- Use verbal contingencies for real conversation instead of using it while the child is singing or counting or imitating.
- Use contingencies for only fluent and non fluent speech and not for behaviours
- Use interesting and varied phrases while provide contingencies instead of using the same phrase over and over
- Use a range of contingencies. Do not keep using only 1 type of contingency like only praise or acknowledgements
- Provide more contingencies for stutter-free speech than the stuttered speech

- Do not use a contingency if the child reacts negatively to it. AVOID IT!
- Make it enjoyable for the child
- Focus on smoothness of speech rather than correct production of words. Deliver verbal contingencies for smoothness and flow of speech