

Practical Tip:

Creating a Speech Notebook for Stuttering Therapy

Note: These ideas will have more impact if you read our book, [*School-Age Stuttering Therapy: A Practical Guide*](#). We discuss the speech notebook in Chapter 5, and the specific contents of the speech notebook are described in detail throughout the book.

Helping students create their own speech notebook is one of the first things we do in stuttering therapy. Why? Because **speech notebooks enhance therapy for our students** (and ourselves)!

- Speech notebooks support portfolio documentation of therapy topics, activities, and accomplishments
- Speech notebooks help students see their progress over time
- Speech notebooks allow for more effective collaboration with parents and teachers

Of course, speech notebooks are not a new concept, but we find that clinicians don't always get the most out of them. The good news is that there are no rules about how you can use speech notebooks to help your students who stutter. Here are a few helpful tips for incorporating speech notebooks into your own therapy with children who stutter:

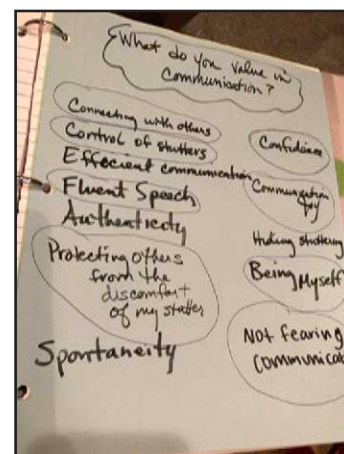
- Use whatever is most economical and flexible for your students and your style of therapy. We often use a typical ruled notebook, but you can also use binders. Let your children's creativity to shine through as, together, you build their very own encyclopedia of stuttering and stuttering therapy.
- Send the notebook home with students to support practice and documentation, and so they can teach others about what they are learning.
- Use colorful paper to have special pages "jump."
- Use page flags for homework or special pages you want to return to.
- Write in the notebook each and every session and *use it while the session is in progress*.
- Make sure that you are not doing all of the writing. When students are able, they should record some of the ideas and activities that come up in therapy.
- Be flexible: some sessions may have short entries; others may have pages of therapy documentation.
- Don't try to be neat and tidy; GET CREATIVE and have fun with the entries!
- Use the entries as review and reminders when students forget concepts. The notebook can become a reference guide for children's deeper understanding of stuttering and therapy.

Here are some examples of how we organize our students' speech notebooks. Remember, there are no rules. You can find your own ways to help your students track their progress.

Inside Front Cover: Anatomy and physiology of how the speech system ("speech machine") works, adapted to the student's age and cognitive ability.

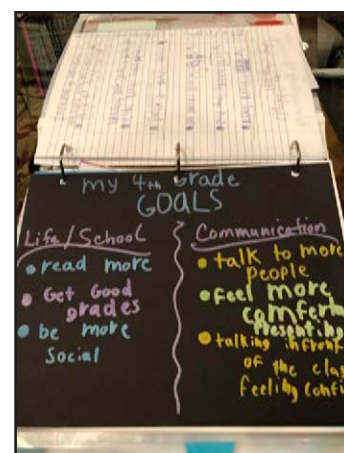
Inside Pages: (If you use a binder, recent entries will be on top, so you won't have to flip through to find current work.)

- Ongoing session notes (written by you and by the student)
- Student reflections, journal entries, and writing assignments
- Some homework assignments (including space for the student to keep notes)
- Questions for parents and teachers (with space for responses)



Back Sections:

- Reference materials, including summary sheets explaining strategies, facts about stuttering, guides for practicing
- Progress tracking forms, assessment worksheets, student reflections, and clinician/parent/teacher observations
- Glossary of vocabulary items, such as hierarchy, self-monitoring, desensitization, self-disclosure, acceptance, etc.
- Any other special pages that you want to have easy access to.



Inside Back Cover: Speech handling techniques mapped out visually for easy reference

Finally, we put key **homework** assignments from [School-Age Stuttering Stuttering Therapy](#) on top of the notebook, then rubber band them in place so they are easily visible and don't get lost and forgotten!

