

Bubbling Over with Excitement

A happy and outgoing little boy, whenever Thomas Lotufo's excitement would bubble over he would struggle with being able to get his sentences started. Teachers at Thomas' daycare recommended that his family bring him to KidsAbility.

"We'd noticed that Thomas was stuttering. Not too bad, but when he would get very excited, it would be difficult for him to start his sentences smoothly," says his mother, Erika. "His father also used to stutter as a child and recalled that working with a speech therapist was very helpful in overcoming this disability, especially when started in early childhood."

Thomas began attending speech therapy appointments with KidsAbility Speech-Language Pathologist Jean Macleod when he was 3 ½ years old. Jean coached Thomas' family on how to help their son overcome his stutter.

His parents attended the Fluency Parent Training Program offered at KidsAbility. With Jean's guidance, they worked hard to better interact with him, focusing on listening and responding at a slower pace, making conversations less rushed and more meaningful. All of their hard work made a positive and significant difference in Thomas' speed of speech that helped him to reduce his stuttering.

"Thomas is a delightful, friendly boy who was always eager to participate and play all the games," recalls Jean. "He was so enthusiastic that it was a challenge to slow his speech rate down and encourage good turn taking skills, both of which were important in decreasing his stuttering. He loved to negotiate squeezing one more game into a therapy session!"

By incorporating a number of strategies such as modelling a slow rate, pausing, using more comments than questions and helping Thomas to establish realistic expectations of himself, he learned strategies that helped him express himself clearly.

"Our family, as a whole, also saw big benefit from the 'special time' suggested by Jean. Thomas would probably not have overcome this challenge without KidsAbility's help," says Erika.

"Thomas has made steady progress and only stutters occasionally now during the day. I am looking forward to seeing him take his enthusiasm and smooth talking into the next adventure," says Jean.

Today, Thomas is still very much that same happy and outgoing little boy, but when his excitement bubbles over now, this five-year-old boy no longer struggles to communicate clearly thanks to the support of KidsAbility, his family and early intervention.



Lotufo Family

KidsAbility Family