

FLUENCY SHAPING

SUPPORTING SMOOTHER, MORE CONTROLLED SPEECH

Fluency shaping focuses on how you speak rather than what you say. These strategies help reduce tension and improve the flow of speech.

1. Easy Onset (Gentle Start)

- What to do: Start your voice softly and gently, especially at the beginning of words.
- How it feels: Instead of “pushing” the word out, you ease into it.
- Example: Instead of: “B-b-ball” (tight start)
- Try: “hhh-ball” (gentle, breathy start)

Practice tip:

Take a small breath → start speaking slowly and lightly.

2. Slow Rate of Speech

- What to do: Speak slower than usual to allow your brain and mouth to coordinate.
- How it feels: More time to think and speak without rushing.

Practice tip:

- Add slight pauses between words
- Stretch out longer words slightly
- Think: “smooth and steady”

3. Continuous Airflow

- What to do: Keep your airflow steady and moving as you speak.
- How it feels: Speech should feel like it’s “riding the air,” not getting stuck.

Practice tip:

- Avoid holding your breath
- Keep your voice connected from word to word

4. Light Articulatory Contact

- What to do: Use gentle, relaxed movements of your lips and tongue.
- How it feels: Less pressure when forming sounds.
- Example: Instead of pressing hard on sounds like “p,” “b,” or “t,” use a softer touch.

5. Linking Words Together

- What to do: Connect words smoothly instead of stopping between each one.
- Example: Instead of: “I... want... coffee”
 - Try: “I-want-coffee” (smooth connection)



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6. Reduce Tension

- What to do: Keep your body, face, and breathing relaxed.
- Watch for tension in:
 - Jaw
 - Lips
 - Shoulders
 - Neck
- Tip: If you feel stuck, pause, breathe, and restart gently.

Home Practice Tips

- Practice 5–10 minutes daily
- Start with:
 - Single words → phrases → sentences → conversation
- Practice in low-pressure situations first
- Use strategies during:
 - Phone calls
 - Ordering food
 - Talking with family

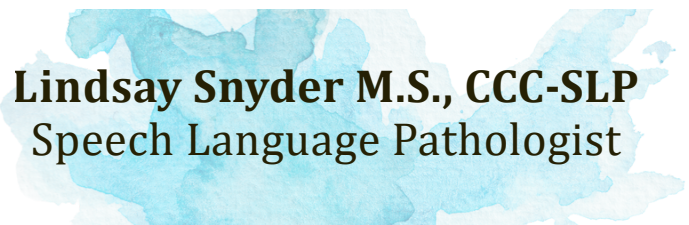
Helpful Reminders

- It's okay to slow down
- Focus on how you speak, not speed
- Progress takes consistent practice
- Use strategies even when speech feels “good”

Your Goal

Use these strategies to improve:

- Speech smoothness
- Confidence in communication
- Ease of speaking in daily life



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