

○About Clear Speech

Regarding speech development, children can usually pronounce vowels (A, I, U, E, O) clearly from around age 3. However, consonants like “K” and “S” take more time, with many children mastering them around age 6. There are significant individual differences in the timing of speech development.

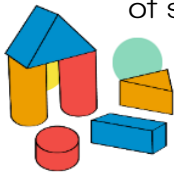
As the muscles around the mouth develop, children will be able to speak more clearly. Tongue dexterity is related to finger dexterity, so simple hand activities are also recommended.

Exercises for the mouth: Blowing bubbles or using straws.

Exercises for fingertips: Building with blocks or doing Origami (paper folding).

Word games: Playing games like “Shiritori” (Word Chain) to help them notice the first and last sounds of words.

Clapping to the rhythm: Clapping along with each syllable (e.g., “Ap-ple” = two claps) to help them recognize the number of sounds in a word.



○Stuttering in Early Childhood

Stuttering often starts between the ages of 2 and 4. It is not uncommon.

In fact, about 70% to 80% of children who start stuttering at this age will naturally improve or stop stuttering as they grow.

When you first notice your child stuttering, it is best not to point out how they speak. Please do not try to fix their speech in a hurry or force them to “speak slowly.”



However, in some cases, stuttering can continue into school age. It is important to watch their progress and decide if they need professional support. As a general guide, please consider talking to a doctor or a Speech-Language Pathologist (SLP) if the stuttering lasts for more than 6 months or if it seems to be getting worse. They can provide professional advice and support for your child’s language development.