

Light Contact



People naturally tighten the flow of air when they make certain consonant sounds. When b, p, d, t, g, k, f, voiceless th, s, sh, h, and ch are produced, either the airflow is

completely stopped or it's squeezed through a tight space. These consonants are supposed to be made with some tension.

Unfortunately, for people who stutter, this tension can lead to stuttering. That's why it helps to use *Light Contact* when saying these sounds.

When you make a *Light Contact*, you touch your speech articulators together very gently. Then you move into the next sound with a *Smooth Movement* and *Easy Voice*. This reduces the articulatory pressure that's a natural part of these consonants.

Practicing *Light Contact* helps you to learn to tap these sounds in a very gentle and relaxed way. When you do so, you're much less likely to get stuck on them.

NOTES:
