Sagbar for parents

Your child stutters, and you want to help. This sheet shows what often helps in everyday life and how Sagbar can support it.

In everyday life

- Listen and let your child finish. Do not finish their sentences.
- Phrases like "slow down" or "take a breath first" often add pressure. Show instead that the content matters to you.
- Speak calmly and with pauses yourself, without making a point of it.

With Sagbar

- Sit down together and try an exercise. All exercises are short and can be paused at any time.
- Your speech therapist can send an exercise list. It opens in the app via a link or QR code.
- Sagbar needs no account. Nothing leaves the device.

Sagbar is a self-help app. It does not replace speech and language therapy and does not make a diagnosis. If your child suddenly starts to stutter, or after an illness or injury, have a doctor check it.