

Color Me Fluent™

Fluency Program

by Alice Anne G. Farley, M.Ed., CCC-SLP, BRS-FD

Color Me Fluent™ is a program designed by Alice Anne Farley M.Ed., CCC-SLP, BRS-FD, a lifelong stutterer and board certified fluency specialist, which combines the efforts of the speech-language pathologist (SLP), parents, teachers, and the child to effect changes in the child's speech and life. There is a link between stuttering in children and harmony and structure in the child's environment and to overall language facility or oral motor proficiency (Van Riper, 1973; Zwitman, 1978; Riley & Riley, 1979; Gregory, 2003).

Color Me Fluent™ utilizes learning theory, behavior modification, and family education to facilitate an increase in self-esteem and fluency. The intent of the program is for use with children and adults. Numerous handouts, games, activities, and a CD-ROM enhance the implementation of the strategies.

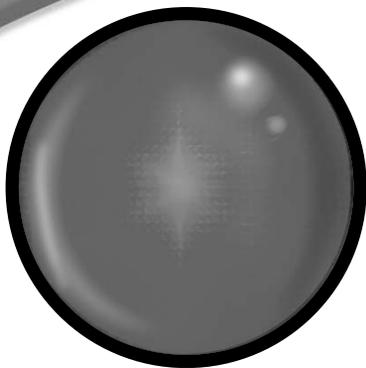
Color Me Fluent™ creatively integrates traditional methods of treating stuttering. The introduction of over-learning and exaggeration of correct speech patterns is under the umbrella of orange speech (fluency shaping). The SLP teaches stuttering modification strategies concurrently with fluency shaping or adds it later to deal with desensitization and block management.

The essential purpose of **Color Me Fluent™** is to teach the student to "let out air, let out tightness, and let out talking." Strongly conditioned speaking habits and fears weaken through systematic practice of orange speech. The person who stutters progresses from red speech through orange speech to "earned" green speech, which is the desired outcome of the program.



This *Handy Handout*® includes a black and white version of the *Color Me Fluent*® posters:
Levels of Speech Fluency and
The Umbrella of Orange Speech Targets.

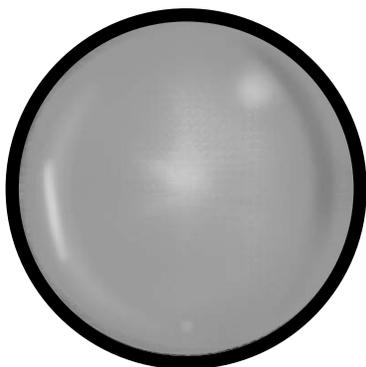
Levels of Speech Fluency



Red Speech

Stuttering

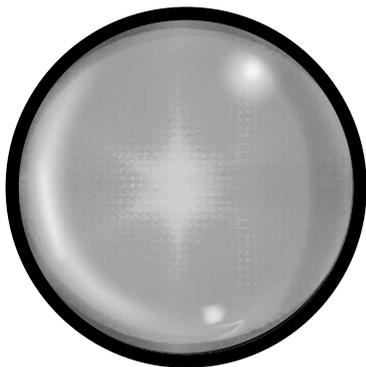
- Disfluent Speech
- Blocks, hesitations
- Discoordination of jaw, lips, and tongue
- Poor rhythm, timing, stress, and intonation
- Poor breath support
- Secondary Characteristics: facial grimaces, inappropriate body movements
- Using fillers and starters, avoidance of certain words



Orange Speech

Adaptive Stuttering

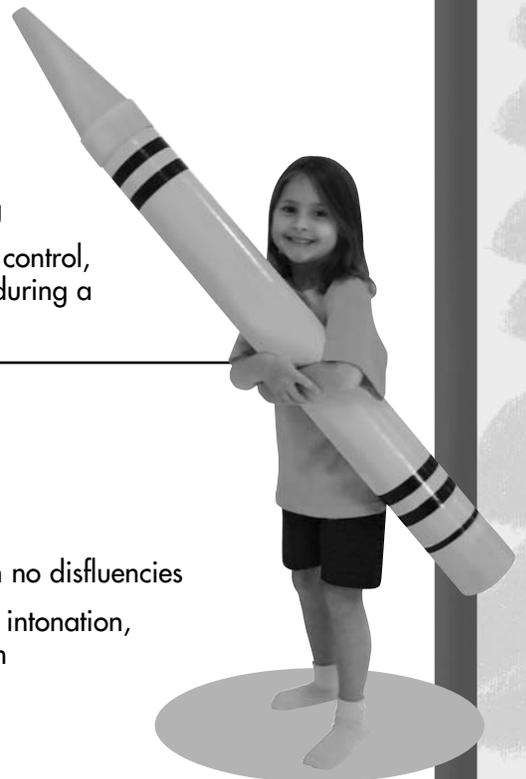
- Stretchy/Careful speech
- Choosing to talk
- Carefully planned speech with an element of naturalness
- Using targets to coordinate language and motor planning
- Efforts to understand, predict, control, and monitor the speech flow during a disfluent episode.



Green Speech

Fluent Speech

- Regular speech
- Automatic smooth speech with no disfluencies
- Absence of any timing, stress, intonation, or rhythm difficulties in speech
- Coordination of language and motor speech



The Umbrella of Orange Speech

Targets help us stay on track
and use our best speech habits.



• Full Breath

• Breath and Speech Together

• Talking in Breath Groups

• Pause Often

• Stretchy Onset & Loose Contact

• Regulated Rate

• Continuous Vocal Phonation

• Talking in Short Sentences

• Minimizing Consonants/
Maximizing Vowels

• Language Planning

