

# The Filler-Word Tracker

## Beat the "ums" · a 3-round practice game

"Um," "uh," "like"... filler words are the #1 habit that makes a young speaker sound unsure. The fix: awareness first, then pauses.

### How to use it

Have your child speak for 1–2 minutes (use a TalkMaze speech prompt!). You listen and make a tally each time you hear a filler word. Then show them the sheet. Do it again and watch the numbers drop. Make it a **game**, not a punishment.

#### Round 1 · Topic: \_\_\_\_\_

Filler word	Tally	Total
um / uh		
like		
you know		
so		
basically		
actually		
Other: _____		

Total fillers: \_\_\_\_\_ Length of speech: \_\_\_\_\_

#### Round 2 · Topic: \_\_\_\_\_

Filler word	Tally	Total
um / uh		
like		
you know		
so		
basically		
actually		
Other: _____		

Total fillers: \_\_\_\_\_ Length of speech: \_\_\_\_\_

### Round 3 · Topic: \_\_\_\_\_

Filler word	Tally	Total
um / uh		
like		
you know		
so		
basically		
actually		
Other: _____		

Total fillers: \_\_\_\_\_ Length of speech: \_\_\_\_\_

### My progress

Round 1: \_\_\_\_\_ → Round 2: \_\_\_\_\_ → Round 3: \_\_\_\_\_ fillers

**My goal for next time:** fewer than \_\_\_\_\_ fillers

**The one trick that works:** teach the "silent pause swap" – when a "um" is coming, close your mouth and pause instead. A one-second silence sounds thoughtful and confident. An "um" sounds unsure. Same gap, opposite impression.

**Want a coach to guide your child every week?**

The first session is free – no credit card, no commitment.

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