

*Have you
heard about*
"Stuttering"?



**We all have disfluencies.
We may add "uh" or "you
know" to what we say. Or,
we may say a sound or
word repeatedly. These are
called disfluencies.**





**Stuttering usually starts
between 2 and 6 years of age.
Many children go through
normal periods of disfluency
lasting less than 6 months.
Stuttering lasting longer
than this may need
treatment.**



Stuttering typically has its origins in childhood. Onset may be progressive or sudden. It is also not unusual for disfluencies to be apparent and then seem to go away for a period of weeks or months only to return again.

Approximately 88%–91% of these children will recover spontaneously with or without intervention (Yairi & Ambrose, 2013).



People who stutter may have more disfluencies and different types of disfluencies.

They may repeat parts of words (repetitions), stretch a sound out for a long time (prolongations), or have a hard time getting a word out (blocks).

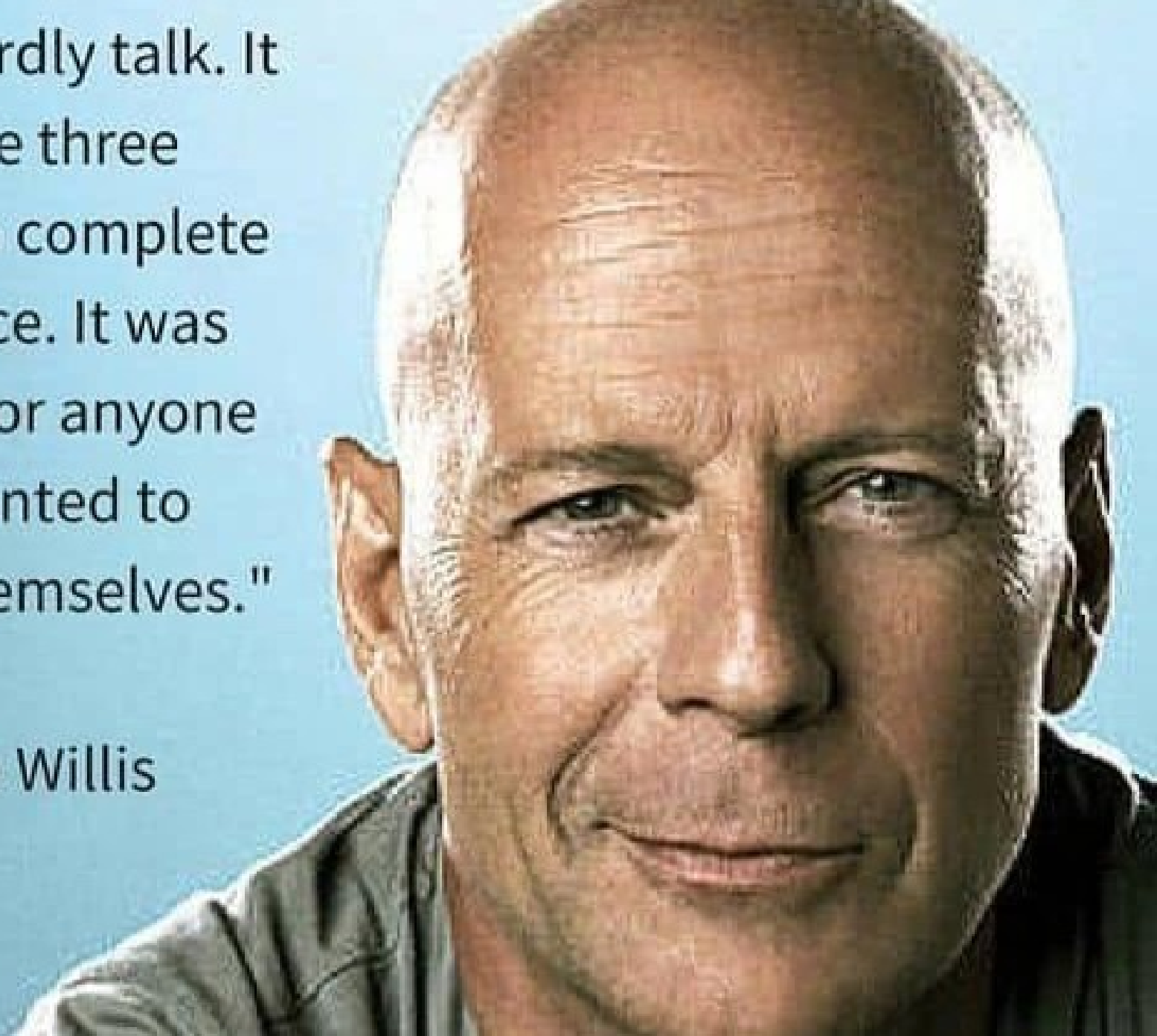


Stuttering is more than just disfluencies. Stuttering also may include tension and negative feelings about talking. You may have times when you are fluent and times when you stutter more. Stress or excitement can lead to more stuttering.



"I could hardly talk. It took me three minutes to complete a sentence. It was crushing for anyone who wanted to express themselves."

-Bruce Willis



**You may also notice
secondary behaviours such as
head nodding or eye blinking.
And also they may avoid eye
contact while talking to
someone. They may also avoid
using certain words or use
different words to avoid
stuttering.**



Researchers currently believe that stuttering is caused by a combination of factors, including genetics, language development, environment, as well as brain structure and function.



Basically there are 3 types of stuttering:

- **Developmental** - Most common in children younger than 5 years old, particularly males, this type occurs as they develop their speech and language abilities. It usually resolves without treatment.
- **Neurogenic** - Signal abnormalities between the brain and nerves or muscles cause this type.
- **Psychogenic** - This type originates in the part of the brain that governs thinking and reasoning.



With the help of speech therapy, Stuttering can be treated to a great extent. Speech therapy can reduce interruptions in speech and improve your self-esteem.



The best candidates for speech therapy include those who:

- **have stuttered for three to six months**
- **have pronounced stuttering**
- **struggle with stuttering or experience emotional difficulties because of stuttering**
- **have a family history of stuttering**



**Therapy often focuses on
controlling speech
patterns by encouraging
your child to monitor
their rate of speech,
breath support, and
laryngeal tension.**



Parents can also use therapeutic techniques to help their child feel less self-conscious about stuttering. Listening patiently is important, as is setting aside the time for talking.



Speech Therapy can do magic with stuttering. Your therapist may teach you to slow down your speech and learn to notice when you stutter. You may speak very slowly and deliberately when beginning speech therapy, but over time, you can work up to a more natural speech pattern.

