

What is Stuttering

Stuttering is a speech disorder that affects the fluent production of sounds, words, phrases and sentences.

It may involve:

- Sound repetitions (m-m-m-my name is ,,,)
- Word repetitions (can-can-can-can I go?)
- Syllable/part word repetitions (bu-bu-bu bu-t I want to go too)
- Sound prolongations (ssssssssee you soon!)
- Blockage of all sounds

Stuttering may also involve overuse of starter/filler words (eg. “like”, “um”).

Other behaviours (called secondary behaviours) that may be associated with stuttering include facial/body tension, arm or leg movements, eye blinking, head jerking, jaw dropping and audible noises.

Facts on Stuttering

1. The onset of stuttering is between the ages of 2 and 5.
2. Stuttering occurs 4 times more frequently in boys than in girls.
3. It is not unusual for children to be hesitant and repeat themselves when they talk; hesitations are a normal part of speech and language development.
4. Stuttering occurs in approximately 5 % of children and can last six months or more. Three-quarters of those will spontaneously recover by late childhood.
5. Emotional trauma has not been shown to be a cause of stuttering.
6. If someone stutters it does not mean that they are less intelligent than their peers.
7. Although not caused by stress, stuttering can be increased by stress.
8. Approximately 68 million people, or 1% of the population, stutter.
9. We cannot predict who will recover spontaneously from stuttering.
10. There are no cures for stuttering however speech therapy can help a child manage their speech and increase fluency.