

# Stuttering



## Stuttering

- is a speech problem
- stops the flow of speech.

Stuttering can be repeating

- sounds (c-c-can)
- syllables (da-da-daddy)
- words (and-and-and)
- phrases (I want-I want-I want).

This may happen

- 1 time (b-ball, can-can) or
- Many times (I-I-I-I-I want, m-m-m-m-m-m-mummy).
- Stuttering can be stretching out sounds or parts of a word. (caaaaan I go).

Stuttering can be speech blocks.

This means the person tries to speak but no sound comes out.

It may look like the person is stuck.



People may also

- grunt
- say um or er a lot
- make a face or look they have pain
- blink

**or**

- move their body.



### **What causes stuttering?**

The cause of stuttering is unknown.

Speech disorders may be from changes in the brain.

An event in a person's life does **not** usually cause stuttering.

Stuttering may be in some people's family.



### **Who stutters?**

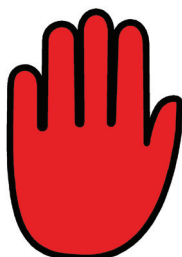
- Children
- Adolescents
- Adults



Children may start stuttering by 3 years old.

It may start

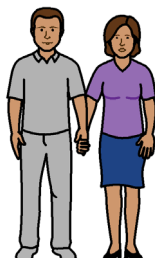
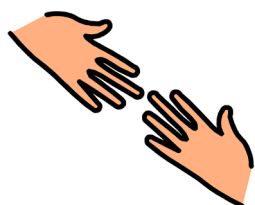
- slowly
- over days, week or months
- or**
- quickly
- over hours or a day.



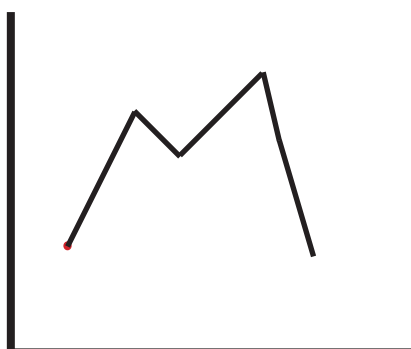
**Not** all children will keep stuttering.

Many children get better on their own.

This might happen quickly or take up to 2 years.



Adolescents and adults do **not** usually get better on their own.



Stuttering may change over time.

- Stuttering may get worse
- Stuttering may go away and then come back.



## **What can happen to a person with stuttering?**

Preschool and school aged children may

- find it hard to talk
- get treated badly by others
- get upset because they stutter.



If children keep stuttering as they get older, they may

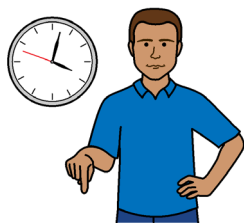
- get teased
- find it hard to make friends.



This can continue for adults who stutter.

Adults who stutter may

- be worried about speaking
- stop speaking
- stop saying what they think
- find it hard to learn
- find it hard to get work.



## When to get help?

Get help for a child as soon as you can.

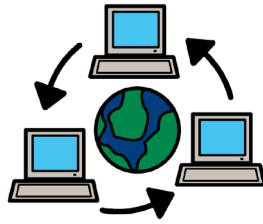


## Where can you get help?

Contact a speech pathologist in your local area. Speech Pathologists are the only professionals who have trained to work with people who stutter.

A speech pathologist can

- do an assessment
- give advice
- give therapy if it is the right thing to do.

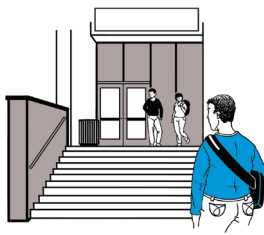


### **Find a local speech pathologist**

Speech Pathology Australia

Website [www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Click on - Find a Speech Pathologist.



### **How do you become a speech pathologist?**

You need to do a course at University.

To find out more contact

Speech Pathology Australia

Phone 1300 368 835

Website [www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Click on - information for the community.

Scope's Communication Resource Centre wrote the Easy English.

September 2013 [www.scopevic.org.au](http://www.scopevic.org.au)

To see the original, contact Speech Pathology Australia

[www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

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