Stuttering

* Many kids stutter during development, 80% will recover—can recover up to 4 years post-onset.
* Risk Factors Associated with stuttering
	+ Family history of stuttering
	+ Longer time since onset (risk increases with time)
	+ Mismatch between child’s language and motor skills
	+ Concomitant speech and language disorders
	+ Gender—males are more likely to stutter long term
	+ Tension/struggle while speaking
	+ Secondary behaviors present
	+ Child/parent awareness/concern
* Types of stuttering
	+ Repetitions-bumpy speech, going over a railroad track
	+ Prolongations-going over a bridge
	+ Blocks-hitting a brick wall
* Severity of stuttering does not predict prognosis
* Does my child need therapy? Consider therapy if…
	+ Child is 3 or older
	+ Child has been stuttering for 1 year or more
	+ Child is frustrated/parents are concerned
	+ High risk factors involved
* How can you help at home?
	+ Speak slowly
	+ Give child time to speak-don’t interrupt or rush
	+ Modify questions ex. “I think”, “I feel”, “Maybe”—this lowers demand of response
* What will we do in therapy?
	+ Talk about stuttering—its okay to talk about it and educate kids about it!
	+ Talk about slow-fast, bumpy-smooth, hard-easy speech
	+ Identify bumpy versus smooth speech
	+ Address frustration associated with stuttering