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