

STUTTERING: QUESTIONS & ANSWERS

WHAT IS STUTTERING?

Stuttering is best described as a breakdown to the normal flow of speech. It may consist of part or whole word repetitions, prolongations, blocks and struggle behaviour associated with the production of speech. Stuttering is the term used more commonly in North America and stammering is the term used more in Europe.

WHAT CAUSES STUTTERING?

The exact cause of stuttering isn't clear. Hereditary, biological, language-learning as well as environmental factors can play a role in the onset of stuttering.

AT WHAT AGE DOES STUTTERING OCCUR?

Many children experience a period of stuttering or hesitation in their speech as they learn to talk. In some cases, they outgrow it but certain children are at significant risk for on-going problems. Research indicates approximately 26% of children do not outgrow stuttering. To help identify which child is at risk, it is important to seek a professional consultation.

IS STUTTERING AN EMOTIONAL PROBLEM?

No, stuttering may lead to emotional problems but emotional problems do not cause stuttering.

CAN STUTTERING BE TREATED?

Yes, there are a variety of successful approaches for treating stuttering in individuals of all ages. The Lidcombe Program is a direct treatment program that has been found to be particularly effective for children. The Speech-Language Pathologists at Moss, Rowden, Freigang and Associates are formally trained in Lidcombe and have extensive experience in implementing the program.

IS IT TOO LATE TO HELP ADULTS WHO STUTTER?

It is never too late to help adults with stuttering concerns. They may not be "cured" but they can be taught techniques, which can help them to manage the stuttering in many situations. The Camperdown Treatment Program for adolescents and adults teaches individuals to successfully control their stuttering.

WHAT SHOULD I DO WHEN TALKING WITH SOMEONE WHO STUTTERS?

The general rules that apply when speaking to people of all ages, who stutter, include; speak in an unhurried manner, listen patiently while they talk, do not finish off their sentences and maintain eye contact with them.

WHO PROVIDES STUTTERING TREATMENT?

Speech-Language Pathologists are the professionals qualified to manage stuttering in children and adults.

WHEN SHOULD I BE CONCERNED?

Adults who stutter should consider seeking stuttering therapy as soon as possible. The following information may help you to identify which children are at-risk of chronic stuttering issues. These children should be referred to a Speech-Language Pathologist.

A child is more at-risk of long term stuttering if:

- The child is over three and a half years of age
- The speech pattern includes part word repetitions, prolongations or stretching of words and/or blocks
- There is tension/struggle behaviour accompanying speech production
- The child shows avoidance of words or speaking in certain situations
- There is a positive family history
- Speech/language development is atypical i.e. delayed or precocious
- Stuttering has been present for more than 6 months or is increasing
- The parent and/or the child is concerned

WHERE CAN I GO FOR HELP?

In Ontario, the Ontario Association of Speech-Language Pathologists & Audiologists (OSLA) can help you access a Speech-Language Pathologist who has experience working with individuals who stutter. You can also talk to your family doctor to see if s/he knows someone locally who can provide treatment.

At our practice, our Speech-Language Pathologists provide treatment to children and adults who stutter. Our clinicians are also trained in the Lidcombe Program, an effective program for treating children who stutter.

Referrals can be made directly by calling the number on this brochure.

WHAT OTHER CLINICAL SERVICES ARE AVAILABLE?

Our multidisciplinary practice offers: speech, psychological and behavioural assessments and intervention, assistive technology training and educational coaching.

If you have any additional questions regarding coverage and services, or wish to book an appointment, please;

Call our Intake Coordinator at:

905-874-4737