



## STUTTERING – GET THE FACTS!

**S**tuttering is best described as a breakdown in the flow of speech

**T**he exact cause of stuttering is not clear but it often runs in families.

**U**sually stuttering starts in early childhood. Most children outgrow stuttering but some children are at risk of ongoing issues.

**T**here are certain risk factors for stuttering. They include:

- ✓ gender - more males stutter than females
- ✓ age of onset - later the onset, greater the risk
- ✓ co-existing speech language difficulties
- ✓ duration or persistence of the problem
- ✓ nature and severity of the stuttering

**T**ips for talking to people who stutter include:

- ✓ using a slower, more relaxed rate of speech
- ✓ listening to what the person says not how they say it
- ✓ maintaining natural eye contact
- ✓ not rushing the person, waiting and giving them time to finish

**E**motional problems do not cause stuttering but they can compound issues later on.

**R**ecently developed programs for children who stutter include more direct treatment.

- ✓ The Lidcombe Program has been found to be particularly effective in treating early stuttering.

**I**t is important to consult a Speech-Language Pathologist to find out if you or your child needs therapy and which treatment program is most appropriate.

**N**o person is too old to access stuttering therapy.

**G**et your questions answered and get help - remember, treatment is always more effective when provided early.