FACTS ABOUT NORMAL DYSFLUENCY AND STUTTERING

- Between the ages of 2 and 4, children experience a burst of language; with this increased demand on their speech system, breaks in the flow of speech can occur, which may sound like stuttering.
- Approximately 1% of the population stutters.
- Stuttering tends to run in families.
- Children do not copy others who stutter.
- Parents do not cause stuttering.
- Stress and anxiety may worsen stuttering.
- Stuttering can be effectively treated.

<table>
<thead>
<tr>
<th>Normal dysfluency</th>
<th>Potential Stuttering</th>
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<tbody>
<tr>
<td>Hesitations, word repetitions (can, can, can I?), phrase revisions or fillers (uhm)</td>
<td>Part-word (li-li-like) and whole-word (can, can, can I?) repetitions, prolongations of a sound (moooooore), and blocks (mouth is ready to speak and no sounds come out)</td>
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<tr>
<td>Likely no physical tension or struggle when speaking</td>
<td>Possible physical tension (mouth, eyes, head nodding) or struggle when speaking</td>
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<tr>
<td>Child may be unaware of their speech disruptions</td>
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What You Can Do To Help?
- Create a relaxed environment.
- Don’t interrupt your child when speaking, be patient!
- Don’t make comments like ‘slow down’ or ‘think about what you want to say’.
- Model your speech at a relaxed pace.
- Set aside some one on one time with your child.
- Reduce question-asking.
- Don’t put your child on display or exhibit (e.g., stand up and say your ABC’s).
- If your child is aware, reassure them you are listening.
- Help siblings and other family members learn good listening and turn taking skills.
- Use eye contact when they’re speaking.
- Do not imitate or joke about your child’s stuttering.
- Discuss these strategies with others (i.e., Friends, siblings/family members or teachers).