



Stuttering Factsheet

website: speechswallowgroup.com

mob. 0403 726 535

WHAT IS STUTTERING ?

Stuttering can be defined as a speech disorder that causes interruptions in the rhythm or flow of speech.

These interruptions may include repeated sounds (*c-c-can*), syllables (*da-da-daddy*), words (*and-and-and*) or phrases (*I want-I want-I want*), among others. Repetitions might happen once (*b-ball, can-can*) or multiple times (*l-l-l-l-l want, m-m-m-m-m-m-mummy*).

There are often secondary behaviours which accompany stuttering which can include grunts, small non-speech sounds, filler words (*um/er*) or pauses. They can also be non-verbal like grimacing, blinking or body movements.

CAUSES OF STUTTERING

The exact cause of stuttering is unknown. Speech disorders are thought to be caused by differences in brain activity related to speech production.

This means that stuttering is not usually caused or triggered by an event, person, experience, stress or anxiety.

'Empowering people to Speak & Eat with Confidence'

WHAT IS THE IMPACT ?

Stuttering can affect anyone. Preschool & school aged children may experience force or tension when they speak, negative responses by others and an awareness of their stuttering.

As children get older, they are more likely to have negative attitudes about their stuttering, be teased or have social difficulties. These can continue into adulthood. Stuttering may also limit a person's educational or occupational opportunities.

02

WHO DOES IT EFFECT?

Around 1% of the population experiences stuttering at any given time & as many as 5% across a lifetime.

Stuttering usually starts in early childhood, often by the age of 3.

Recent research in Australia indicates that 8.5% of 3 year-old children experience stuttering. Stuttering may change in type or frequency, and may go away for periods of time.

S
&
S
G

Source: Speech Pathology Australia



How to Find Help

Speech Pathologists are the only professionals trained to assess, treat and manage stuttering.

It is recommended that anyone worried about stuttering is assessed by a speech pathologist who can then provide them with individualised and tailored therapy. We may recommend monitoring stuttering in a young child or commencing treatment, depending on how long the child has been stuttering and the impact on their lives.

Treatment Solutions

Early intervention from a Speech Pathologist is recommended for children since this is the best time to reduce stuttering.

Treatment for adolescents and adults use speech restructuring techniques and techniques to address any psychological anxiety associated with stuttering. Research trials have shown that smooth or prolonged speech techniques have had really positive results.

Thank You.

We look forward to helping you.

Contact Us

Amelia Bayliss

Email: speechswallowgroup@gmail.com

Mobile: 0403 726 535

Website: speechswallowgroup.com