

10 FACTS ABOUT STUTTERING

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DO ALL PEOPLE STUTTER?

No. There are stuttering-like disfluencies, and non-stuttering like disfluencies. Almost everyone has non-stuttering disfluencies such as interjections (um, like) and phrase repetitions (I went - I went to the store).

WHO STUTTERS?

Approximately 1-3% of the population are people who stutter/stutterers. Stuttering occurs across all languages and cultures, and it has been documented over 3,000 years ago!

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STUTTERING BEGINS

Stuttering typically begins around 3 years old. There is variation, and onset has been seen between 2 and 12 years of age.

MULTILINGUALISM & STUTTERING

The number of languages that you speak does not increase the likelihood of stuttering. People who speak two or more languages have the same likelihood of stuttering as people who speak one language

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"JUST SLOW DOWN"

Telling someone to "slow down" or "take a breath before speaking" has no effect on the amount of stuttering that will occur. Stuttering is not due to the person being anxious or nervous. It is helpful to let the person talk freely, without interrupting or speaking for them.

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TYPES OF STUTTERS

There are three broad types of stutters: blocks, sound prolongations, and repetitions. Repetitions can occur with sounds (s-s-s), syllables (si-si-si), and words (sing-sing-sing).

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SECONDARY BEHAVIORS

Secondary behaviors are what co-occur during a moment of stuttering. These behaviors may be associated with trying to escape or avoid the stutter. Examples include eye blinks, head nods, or interjections to prolong the moment before a stutter.

PERSISTENT STUTTERING

Indicators for persistence of stuttering into adulthood include: (a) Males are more likely to stutter than females (b) More blocks and prolongations with tension than repetitions (c) Trajectory of stuttering frequency is increasing

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FLUENCY DISORDERS

Fluency disorders is a broader category that includes developmental stuttering that begins in childhood, as well as cluttering. Stuttering can be acquired from a neurologic event, such as a brain injury.

CAUSE OF STUTTERING

Stuttering is complex, but we know that it is genetic (runs in families). Stuttering is a neurophysiological condition which means that the brain and the muscles used for speaking are involved.

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