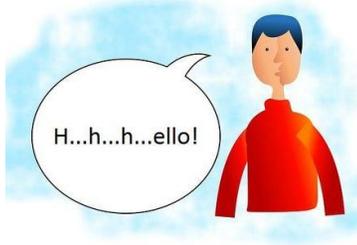


What is stuttering?

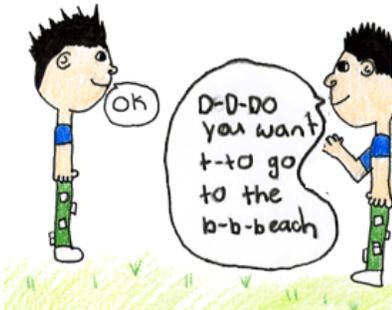
It is commonly known as stammering.

We all have times when we do not speak smoothly. We may add "uh" or "you know" to what we say. Or, we may say a sound or word more than once. These disfluencies are normal if they happen every once in a while. When it happens a lot, it may be stuttering.



Signs and Symptoms

- Repeating sounds “my name is aa..aaaa...aa..aanand”
- Repeating words “ my..my..my name is anand”
- Prolongations “ sssssocks and ssshoes”
- Blocks “w.....what is that”
- Adding an extra sound or word to the sentence such as (uh, um,)



- Tension in the voice
- Hesitation or pause before starting to speak

- Refusal to speak.
- Frustration while attempting to speak.
- Physical changes like excessive eye blinking, tension in the face upper body, jerking movement, avoiding eye contact.

Causes of Stammering

- There is no single known cause of stammering, but it is believed that a variety of factors may come together to cause stammering.
- Individuals who have relatives who stutter have a greater likelihood of stuttering.
- Exhaustion, stress, excitement and fear can all contribute to a stutter.

Whom to consult if you or your child is stuttering?



- You should get help from a speech-language pathologist, as early as possible. Early help can reduce the chances that you will keep stuttering.
- You should contact a speech language pathologist if you or your child's stuttering has lasted for 6–12 months or more.

How speech language pathologist helps?

- Speech language pathologist evaluates you/ your child and explains about your condition.
- Later therapy plan will be developed.
- Therapy will focus on breathing patterns, speaking rate, and working towards fluent speech.
- Specific techniques will be used and taught to reduce stuttering.
- Therapy will focus on building self esteem and confidence to speak fluently.

What you can do to help a friend or child who stutters?



- Be patient with them.
- Do not try to finish a word or sentence for them. Wait until they finish the word or sentence by themselves.
- If it is still unclear, request them to repeat again in a polite manner.
- Reduce the number of questions you ask your child. Instead of asking questions,

