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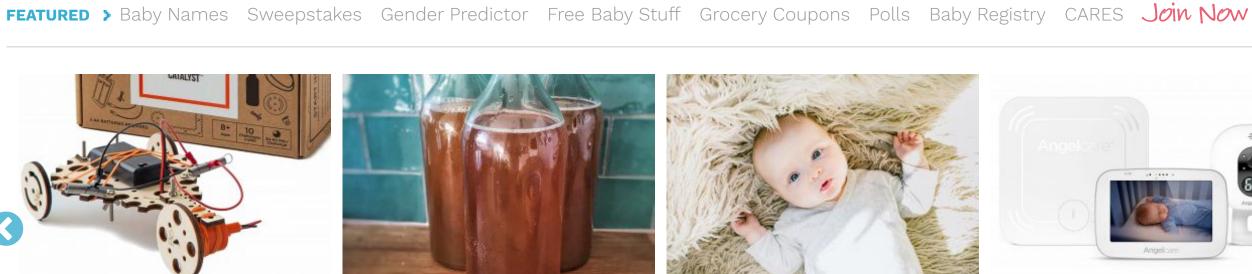
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## Talking Too Fast or Stuttering Problem? FAQ's About Stuttering

by Mindi Stavish



## What is the difference between stuttering and a child just talking too fast?

Stuttering is a speech disorder in which sounds, syllables, or words are repeated or prolonged, disrupting the normal flow of speech. Other behaviors that you may see are rapid eye blinking, tremors of the lips, and avoidance of eye contact. Stuttering is also referred to as disfluent speech. Many preschool children will go through a time period of normal stuttering, also known as developmental stuttering. Researchers believe that developmental stuttering occurs when a child's speech and language abilities are unable to meet the child's verbal demands, as their language develops. There is a difference between developmental stuttering and true stuttering.

How do I know if my child is using a normal stuttering pattern or if it is abnormal?

### **Signs of Developmental Stuttering (Normal)**

- Repeats syllables or words once or twice (Example: go-go-good-bye) Disfluencies may also include instances where your child hesitates and uses filler words such as "uh", "er" and "um".
- Stuttering occurs between 18 months and 5 years and will come and go. The disfluencies may disappear for many weeks and then return, as your child goes through a new stage of learning and/or language development. Stuttered speech most likely occurs when your child is tired or rushed.

### **Signs of Mild Stuttering**

- bye)
- Your child has observable muscle tightening in the face, specifically the mouth. ■ His or her vocal pitch may increase with repetitions. Also, you may notice your
- child having a "block", where they have no airflow or voice for several seconds. ■ Disfluent episodes come and go but are present more than they are absent.
- Stuttering episodes display effort with an increase in tension in the muscles

## Signs of a More Severe Stuttering

- Stuttering occurs on more than 10% of your child's speech.
- of the face. ■ Some children will change words, avoid certain sounds, or use extra sounds
- when they start talking.
- Blocks are more common than repetitions or prolongations.

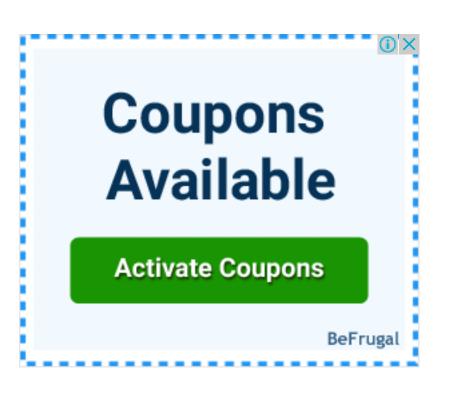
## Disfluent speech occurs during most speaking situations.

How common is stuttering?

- It's estimated that approximately three million Americans stutter. Approximately 5 percent of all children will stutter for some period in their life. The stuttering may last a few weeks to several years.
- Most children outgrow stuttering. It's estimated that one percent of adults in America stutter.

## What are the risk factors of stuttering?

These factors will help you determine if your child needs to see a speech-language pathologist:



1. Family history of stuttering – Research shows that almost half of all children who stutter have a family member who stutters. If the family member still stutters as an adult, the risk that your child has a true stutter is increased.

- 2. Age of Onset- If your child begins to stutter before the age of 3 1/2 he or she is more likely to outgrow the stuttering. If the stuttering appears after 3 1/2, it is more likely that it is a true stutter.
- 3. Time Since Onset- If your child has been stuttering longer than 6 months, there is less of a chance that he or she will outgrow it. If he or she has been stuttering longer than 12 months, there is an even greater chance that it is a true stutter.
- 4. **Gender** Girls are more likely to outgrow stuttering than boys. Research demonstrates that three to four boys continue to stutter to every one girl who stutters.
- 5. Other Speech and Language Factors If your child has speech sound errors, the likelihood that he or she will continue to stutter is higher than those children who have clear speech. In regards to language skills, current research demonstrates that children who stutter often have normal or advanced language skills. Risk Factor Source National Stuttering Foundation

If you are concerned about your child's speech, please considering having him or her evaluated by a Speech-Language Pathologist. Here are some helpful stuttering resources:

# **Helpful Stuttering Information Resources**

FAQs for parents of children who stutter

videos, therapy referral lists, links and more!

Stuttering and Your Child: Help for Parents available from the National Stuttering Foundation store

Visit the National Stuttering Foundation for free brochures, e-books, pdf articles,

Referral list of Speech-Language Pathologists specialized in stuttering in United States and other countries, as well as intensive clinics and summer camps

# What do you think?

Talking Too Fast or Stuttering Problem? FAQ's About Stuttering



## Mindi Stavish Mindi is a working mom with three boys ages 4, 2, and an infant (born June 2013). She spent

currently works with adults and children in home health. The real fun for her happens when she is at home with her boys, chasing them around and pretending to be a super hero. She blogs about life as a working mom at Simply Stavish. Her weekly feature, Words in the Sand, teaches parents how to grow their child's s ... More

her first 8 years of her career in Speech-Language Pathology at a Children's Hospital. She

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