

FAQs on Stuttering

1. What exactly is stuttering/ stammering?

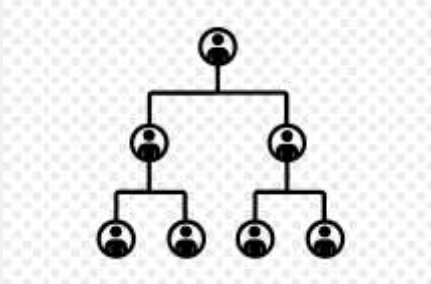


Stuttering also known as stammering is when a person has frequent stoppages during the flow of speech. These stoppages can be in the form of (a) repetitions of sounds (Eg: k k car), syllables (Eg: ma ma ma man) or words(Eg: many many many days); (b) prolongation of sounds (Eg: e.....vening); (c) blocks (no sound) in speech. There may also be unusual facial and body movements while trying to speak.

2. What causes stammering?

The exact cause of stammering is not yet known. It could be a combination of factors like

- Genetic or hereditary- If any family member has a history of stammering



- Environmental- frequent interaction with a person with stammering
- Psychological factors- bad experiences that involve intense emotions like fear or anxiety



3. What does stuttering treatment involve?

The type of treatment depends on when the stammering started and the age of the individual. For the treatment of very early stammering, parents are often taught how to improve speech skills by giving appropriate response to the child's stammering like asking him/her to talk slowly and showing how to speak. Generally, the longer stammering has been present, longer the treatment takes.



4. Will my child grow out of stammering on his own?

We advise to consult a Speech-language pathologist (SLPs) as early as possible because earlier the treatments given better the improvement. Research shows some children do grow out of stammering by their middle school age. However some children continue stammering due to some factors like:

1. Gender: Studies show boys are more likely to continue stammering into their adulthood.



2. Family history: If someone in the family has stammering.
3. Duration of stammering: If the child has been stammering for more than 6 months.

5. When should we seek help for child's stammering?

It is better to consult a Speech Language Pathologist as soon as possible. You can also look out for the following red flags.

1. Stammering has lasted for 6–12 months or more.
2. Starts to stammer late (after 3½ years old).
3. Stammering more often.
4. Tenses up or struggles while talking.
5. Repeating part of a word more often
6. Avoids talking or says it is too hard to talk.
7. Family history of stammering.

6. What can parents/family members do to help the person who stammers?

Few things you can do to help the person, who stammers,

- First, maintain natural eye contact and wait patiently until the person is finished speaking.
- Being a good listener is the most effective way you can help the person who stammers.
- Be aware that people who stammer usually have more trouble controlling their speech on the phone. Please be extra patient in this situation.



For more details contact us at:



*All India Institute of Speech & Hearing (AIISH),
Manasagangothri, Mysore 570 006*

Phone: +91-0821-2502703/2502575

Fax: +91-0821-2510515

E-mail: director@aiishmysore.in