

WHAT CAUSES STUTTERING?

THE EXACT CAUSE OF STUTTERING IS UNKNOWN
THERE ARE MULTIPLE POSSIBLE CAUSES OF STUTTERING

FOUR LIKELY FACTORS INCLUDE:

GENETICS

60% OF PEOPLE WHO STUTTER HAVE A FAMILY MEMBER WHO STUTTERS ALSO

DEVELOPMENT

LIKELIHOOD INCREASES WITH CHILDREN WHO HAVE SPEECH OR LANGUAGE DISORDERS OR DELAYS

NEUROPHYSIOLOGY

NEW RESEARCH INDICATES THAT PEOPLE WHO STUTTER PROCESS LANGUAGE DIFFERENTLY

FAMILY DYNAMICS

HIGH EXPECTATIONS OR A FAST-PACED LIFESTYLE CONTRIBUTE TO STUTTERING

REFERENCES: ASHA, STUTTERINGHELP.ORG

MYTHS:

People who stutter not as smart as others.

There is a set "cure" (treatment or medication) for stuttering.

If my child is stuttering, it is a problem.

Anxiety causes stuttering.

All increases in a person's stuttering are related to what is happening emotionally.

People should not stutter around a child or adult who stutters.

RESEARCH HAS STUDIED FAMILY TREES USING COMPLEX COMPUTER PROGRAMS.

WHAT THEY FOUND WAS THAT IF A PERSON CARRIES A PARTICULAR VARIANT OF SPECIFIC GENES (INCLUDING GNPTAB), HE OR SHE HAS A GREATER CHANCE OF BEING A STUTTERER.



IN ADDITION:

- CHILDREN WHO HAVE A FAMILY OF CHRONIC STUTTERING (STUTTERING THAT PERSISTS INTO ADULTHOOD) WILL OFTEN FOLLOW THE SAME PATTERN.
- CONVERSELY, IF THE RELATIVE'S FLUENCY IMPROVED WITH SUPPORT, THEN THE PERSON IS LIKELY TO HAVE SIMILAR OUTCOMES.

KIDD, ET AL. (1978) AND COX, ET AL. (1984)

FACTS:

The average stutterer's IQ is 14 points higher than the national average.

There is no magic pill or procedure that will eliminate stuttering, however speech therapy can help improve fluency, confidence, and communication abilities.

We all have moments of dysfluency, so we must distinguish normal nonfluency from stuttering.

While anxiety does not cause stuttering, it can make it worse.

A person's fluency can fluctuate due to illness, fatigue, excitement, or other variables.

It's often helpful to know others have similar difficulties and do not let it stop them from communicating.

(Buchel and Summer, 2008; Williams, 2014; Stutteringhelp.org, 2017; National Stuttering Association, 2017)

See a Speech Pathologist (SLP) if you note any of the following:

Fear or Frustration during social interactions

Struggling or Tension when trying to get words out

Avoidance of communication or situations

Various forms of stuttering in multiple situations

Appearing to "hang on a word" as if stuck

AN SLP CAN HELP CHILDREN, TEENAGERS, YOUNG ADULTS & EVEN OLDER ADULTS TO MAKE SIGNIFICANT PROGRESS TOWARD FLUENCY.

