

WHAT IS STUTTERING?

THE FREQUENT INTERRUPTION OF THE NATURAL FLOW OF SPEECH.

IT IS CHARACTERIZED BY:

REPETITIONS
OF SOUNDS,
SYLLABLES, WORDS,
OR PHRASES
"I-I-I CAN'T DO IT TODAY."

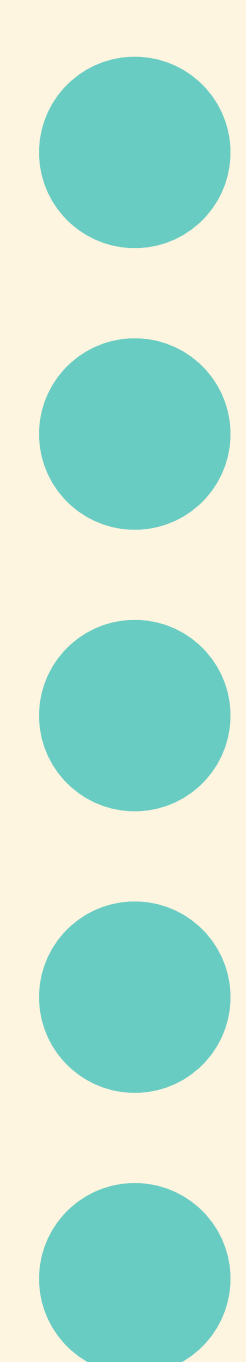
PROLONGATIONS
A SOUND IS
STRETCHED BEYOND
IT'S NORMAL LENGTH.
"MMMMMORE PANCAKES PLEASE."

BLOCKS
APPEARS TO BE CHOKING,
CAN MAKE A SOUND
OR NO SOUND.
TENSION IN FACE, NECK, OR BODY.

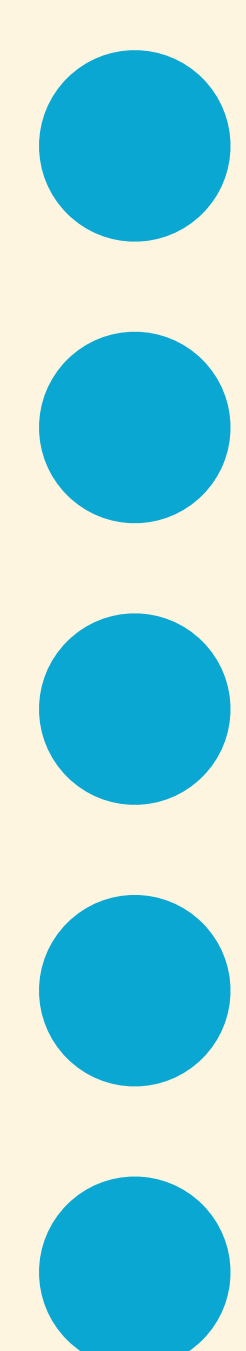
INTERJECTIONS
UM, LIKE, ER.
REVISIONS
"SHE IS,... SHE WAS GOING."
TENSE PAUSES
"T-----ODAY IS MONDAY."

CHILDREN WHO STUTTER WILL HAVE SIGNIFICANTLY LESS DISFLUENT SPEECH & A HIGHER RECOVERY RATE IF THEY ARE TREATED WHEN THEY ARE YOUNG.

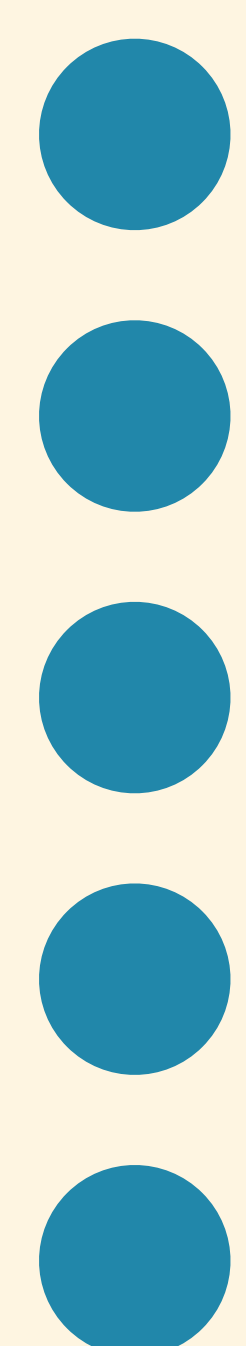
Stuttering has long been described with an analogy that relates it to an iceberg.



A comprehensive treatment plan should focus on the surface features we commonly note as stuttering.



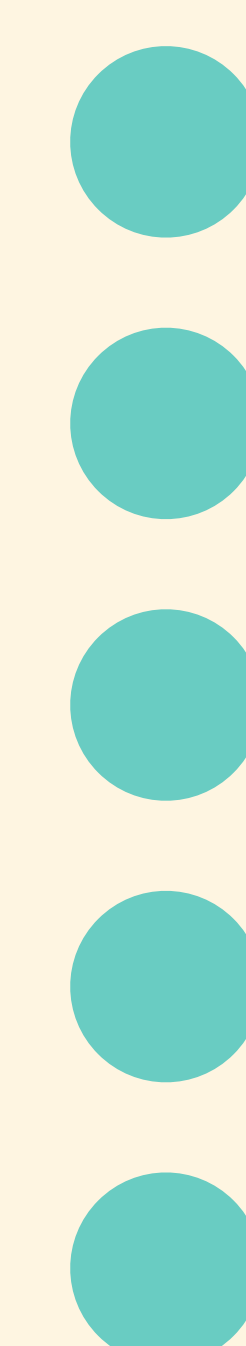
But it should also treat the whole person, including the emotional aspects that lurk deep below.



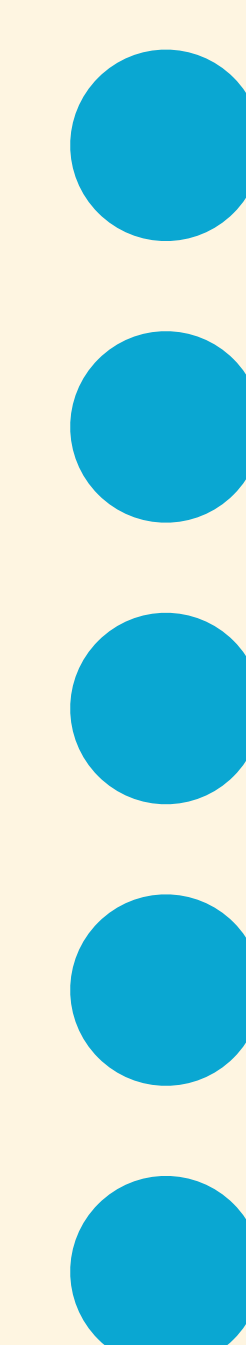
Aspects You Can Observe



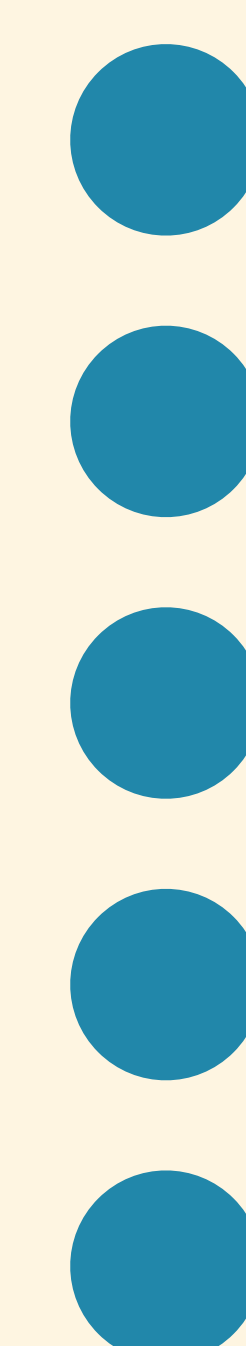
The first step in treatment is to not hide your stutter. This is only way to overcome the fear of stuttering.



By acknowledging your stutter you are bringing the iceberg above the water.



"Always do the thing you fear, and gradually you will learn not to fear it."
-DR. JOSEPH SHEEHAN



Stuttering affects:

Feelings
INTERNALIZED BELIEF SYSTEMS
AND SELF-WORTH

Attitudes
HOW YOU PRESENT YOURSELF TO
OTHERS, REACT TO OTHERS

Behaviors
IF YOU WILL PARTICIPATE AS
PART OF ACTIVITIES/GROUPS

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.

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

