

- **Stuttering** is a **fluency disorder** with complex origins (genetics, neurophysiology and environment). Some children are *developmental stutterers*, and the disorder resolves as they grow up. Some people are lifelong stutterers. Stress and being put on the spot to speak can make symptoms worse.
Neurogenic stuttering occurs after a stroke or head trauma.
Cluttering is a fluency disorder that affects overall speech organization rather than speech sounds. Children who clutter may produce tangents called "cluttering mazes" or speak at too fast a rate with unnatural pauses, resulting in speech that is extremely difficult to follow.
- Stuttering affects boys 3-4 times as often as girls. It is a rare disorder in the overall population.
- Everyone has moments of dysfluency! More normal ones include repeating a word, repeating part of a sentence, or saying "um". Atypical dysfluencies include repeating a sound, blocks (being unable to produce a speech sound), part-word repetitions, sound prolongations. These moments of stuttering may be brief or extended.
- Secondary (nonspeech) characteristics may also be present during moments of stuttering. A person who stutters may also show changes in eye contact or blinking, facial expression, or other bodily movements. There is often visible tension in the face and throat area.
- If you are talking to a child who stutters, the best thing to do is maintain eye contact and your usual listening face, and let him or her finish speaking as normal.
- There is no cure for stuttering. Therapy techniques include increasing awareness about speech production, about patterns of stuttering (e.g. what sounds or words is the child more likely to stutter on); teaching breath support strategies; teaching tension reduction strategies, as well as counseling and self-advocacy. Therapy for preschoolers who stutter relies heavily on parent training.
- This PSA developed by the Stuttering Foundation shows some real examples of children stuttering:

<http://www.youtube.com/watch?v=rysVhDb3qKM>

- Please consult the attachments and the following websites for more information.

-The Stuttering Foundation

<http://www.stutteringhelp.org/>

-Canadian Stuttering Association

<http://www.stutter.ca/>

-National Stuttering Association

<http://www.westutter.org/>

-Montreal Fluency Centre

<http://www.montrealfluency.com/>