

# Stuttering

By: Jamie

# What is Stuttering?

- Tension in a persons mouth, chest, throat, tongue and lips
- Stuttering can be different from person to person
- Trouble saying words
- Stuttering varies depending on the day and situation
- An interruption of airflow, and movement

# Why do people Stutter?

- Neurological Predisposition, (genetics)
- Things inside the person: their reaction to stuttering and loss of control, feelings of embarrassment or shame.
- Things in the persons environment: parents, peers and strangers reactions to stuttering.

# Types of Stuttering Behaviors

- Repetition of:
  - Sounds: c-c-c-ool
  - Partwords: val-val-valentine
  - Whole words: can-can-can
- Interjections: um, ugh, well, Like...
- Blocking airflow and sound
- Stop talking

# Facts About Stuttering

- More boys stutter than girls
- Genetic
- 1% of the American population stutters
- People who stutter can have any occupation they wish to have

# Famous People who Stutter

- Bruce Willis
- Emily Blunt
- Bill Walton
- Marilyn Monroe
- King George VI
- Joe Biden
- John Stossel
- Bob Love
- Mel Tillis
- Moses

# What do you do in Therapy

- Learn about stuttering
- Learn about talking
- Practice techniques (easy start, light touch, stretching.)
- Practice changing stuttering
- Do fun projects like this!

# Resources

1. Stuttering Foundation of America (SFA)

[www.stutteringhelp.org](http://www.stutteringhelp.org)

2. The stuttering homepage by Judith Kuster

[www.mnsu.edu/comdis/kuster/stutter.html](http://www.mnsu.edu/comdis/kuster/stutter.html)

3. Friends: The National Association of Young People who Stutter

[www.friendswhostutter.org](http://www.friendswhostutter.org)

4. National Stuttering Association (NSA)

[www.Westutter.org](http://www.Westutter.org)

5. Stuttertalk:podcasts about stuttering <http://stuttertalk.com/>



# Things That the Listener can do

- Listen to the person who is speaking
- Minimize interruptions
- Minimize rushing and hurrying
- Look at the person who's talking

# What Can the Person who Stutters do to Help?

- Talk at a medium speed
- Attend to how we are communicating
- Stutter openly

# What is avoidance

- When we avoid talking and stuttering openly.
- When we become afraid and it becomes bigger and scarier.

# *Avoidance cont.*

- Avoidance is not doing something because we don't want to do it. Everyone avoids something (homework, chores, hard stuff.)
- People who stutter sometimes try to avoid stuttering because they don't want to do it. Stuttering might be scary because you talk differently.
- When people try to avoid stuttering it gets worse and you have more tension.

# What should you do if you are afraid of something?

- Learn about what you are afraid of
- DO IT! Do what you are afraid of in little steps.



# If you are Afraid of Bees (like me)

- Visit a bee farm with friends
- Research bees; learn about them
- Touch the bees with gloves

# If you are Afraid to Stutter

- Try stuttering at home openly in front of family, see what happens
- Try stuttering at a place where you are comfortable, then try in front of your teacher or with friends then classmates.



# Pump it up!

- Even though something may be hard, you can never stop trying. Keep it up and you'll get there!





# Questions?

Any questions?

Don't let stuttering bother you, just keep on talking.

- Jamie