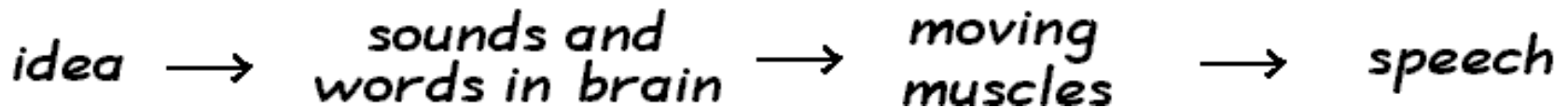
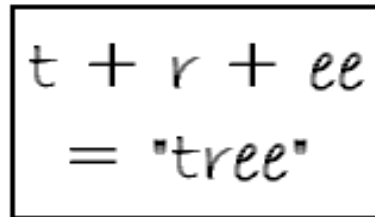


Dysfluency

Talking is a very complex skill

To get your message across to another person, firstly a 'thought' or 'idea' has to be formed into words in our brain.

This is then spoken out loud by moving lots of different muscles – in our mouth, neck and chest.



These movements must be accurate and very quick.





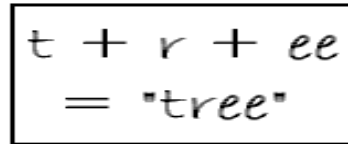
Talking is a very complex skill

Some children show **hesitant** or **stumbling** speech as they learn this highly complex skill.

If children continue to be **dysfluent** as they get older, we may describe this as **“stammering.”**



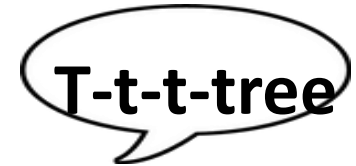
idea →



sounds and words in brain →

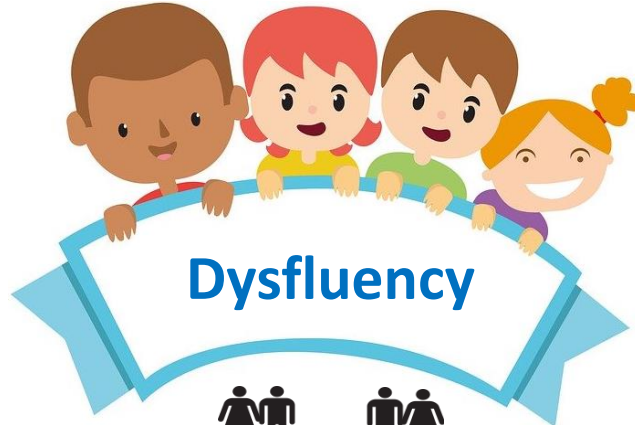


moving muscles →



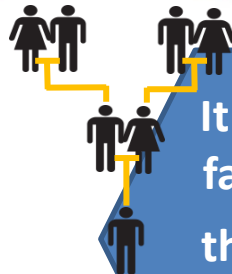
speech

People often call this way of talking **“stammering”** or **“stuttering”** however, as 8% of children go through a stage of this as part of their normal speech development, we call it **“dysfluent speech”** or bumpy talking



We often use 'bumpy talking' to describe a child's speech

Dysfluency



It may run in families, but there is **not** always a family history

Up to **3%** of adults stammer

It is **not** related to a child's ability

Dysfluency usually starts between the ages of 2 to 5 years

75% children will overcome their stammer, sometimes with help of the Speech and language therapist

8% of children go through a stage of being dysfluent as they learn to speak.



There is no single cause

It affects more boys than girls



Cause

Cause

Cause

Effect





When to be Concerned about Dysfluency

The problem has been present for **over 12 months**

The problem is **constant**

Your child shows signs of **tension** when **talking**

You have a **family history** of stammering

Your child is **over 7 years old**

Your child **loses eye contact** when getting stuck

Your child starts **showing an awareness** of their problems e.g. avoids talking, hands over mouth.



More information:

Speech and language therapy
department Dysfluency Team:
01482 692929 op 3

Adult stammering

If you are an adult who stammers
then contact CHCP speech and
Language therapy services at Hesse
Health Centre – 01482 335165





More Information and Useful Resources

Action for stammering children

is a charity which was set up to help support children who stammer and their parents . It works closely with the Michael Palin Centre for Stammering Children based in London.

www.actionforstammeringchildren.org

<https://stamma.org/get-support/parents>

<https://stamma.org/get-support/in-education>

<https://actionforstammeringchildren.org/support>

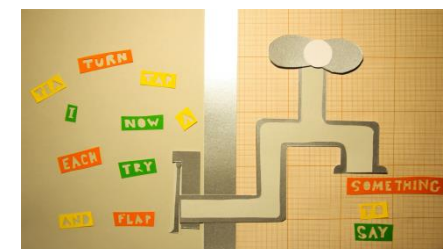
British Stammering Association

BSA is a national organisation for adults and children who stammer, run by people who stammer. The BSA has an accessible website with information about all aspects of stammering.

Website: www.stamma.org Helpline: 0808 8020002

#mystammeringtap It's on YouTube

This animation was made by young people who stammer who live in Hull and East Riding to help others know how to listen to them





Your Speech and Language Assessment – What to Expect

Therapist will ask you some questions about your child's speech

How **long** has your child had the **problem**?

What do they **do** when their speech is **bumpy**?

Are they **aware** they are sometimes bumpy?

Do other members of your **family** stammer?

Is the problem **constant** or does it **come** and go?

Next Steps

Your child may just be **monitored** through the **triage** system or they may get **referred** to the specialist **dysfluency team**

You may be asked to **monitor** your child's speech over a **short time** this will help us make a **decision** about what the **next step** is.

This may include a **parent workshop/individual session**, a **teacher's workshop, individual/group regular** or **intensive** therapy, **support group**.

Referring to another service.

This may be in clinic , by telephone or by video call





There is No Guaranteed Cure for a Stammer however Speech and Language Therapists Can Help

Support parents/carers to know how to help their child/young person

Support children and young people. This may include learning strategies to help speech or understand how to become less sensitive and anxious about stammering and become confident communicators.

Help others understand the nature of dysfluency and how they can help