# 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
   Moses

- Joe Biden
- John Stossel
- Bob Love
- Mel Tillis

## 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

- 2. The stuttering homepage by Judith Kuster www.mnsu.edu/comdis/kuster/stutter.html
- 3. Friends: The National Association of Young People who Stutter

www.friendswhostutter.org

- 4. National Stuttering Association (NSA) 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.



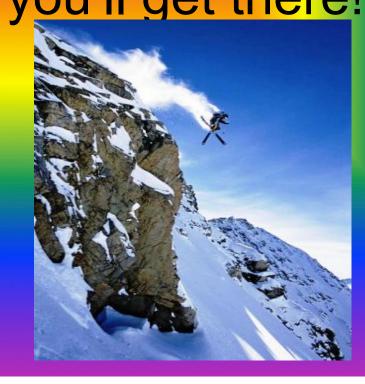
#### If you are Afraid to Stutter

- 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.





### Questions?

Any questions?

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

- Jamie