



Jane Mullen

What is stammering?

A stammer, stutter or dysfluency? All refer to the same thing, someone who has difficulties in the natural flow of their speech.

- Stammering or stuttering is characterised by unusually frequent repeating or prolonging of sounds or words. e.g. m-m-m-my, but but but I, wwwwhy etc. A child or adult may struggle to speak which can lead to anxiety, distress or reluctance to speak.
- 5% of children under 5 years will experience some stammering. Two thirds will naturally grow out of it but one third will not.
- It usually starts between 2-5 years but can be earlier or later.
- Boys are four times more likely to stammer than girls.
- Stammering varies in severity over time.
- Stammering varies in different situations. Parents might report it but then a professional may not hear it on that particular day
- The cause is unknown—but family history of persistent stammering is a risk factor.

If you have concerns about your child having a stammer or if you are the child/young person with a stammer then contact us at Jane Mullen Speech Therapy Ltd to discuss your concerns further. You will also find more information for parents, young people and adults on the British Stammering Assosiation Website. www.stammering.org