

## Children's Speech and Language Therapy Service

# General Facts about Stammering

### Some facts about stammering

- Stammering (also known as 'stuttering') is common. About 8% of children stammer at some point, that's 1 in every 12 children.
- Stammering generally begins between the ages of two and seven but can start after the age of 7 in some cases.
- Stammering is more common in boys than girls (around 75% of the adult population who stammer are male)
- Stammering *can* run in families but this is not the cause of all stammering.
- Stammering is neurological, meaning there are some differences in the brains of children who stammer and children who don't. Many factors can increase stammering including: tiredness, illness & heightened emotions.
- Parents don't cause stammering, but there are many things that adults can do to help a child who stammers.

### Developmental Stammering

- It's very common for children to develop a stammer between the ages of 2-5 as their brains are learning lots of new words. It's typical for children to repeat words or hesitate when talking because they are still developing the skills to talk.
- Stammering is when children hesitate more often or repeat, stretch out sounds or sounds get stuck. The child may show signs of struggle, tension or frustration when they talk, but sometimes the child is unaware of their stammer.
- In the early years it's very typical for stammering to 'come and go' where there may be periods where a child stammers for a few months but then speaks fluently (i.e. no stammering) for a few months. This pattern is common to see in young children who stammer.
- 4 out of 5 children who start to stammer will resolve either spontaneously or with some support from the Speech and Language Therapy service.