

“Don’t avoid, don’t’ hide, don’t deny your stuttering. The only way you’ll ever get over your fear of stuttering and thus become genuinely fluent; is to meet it head-on. Always do the thing you fear, and gradually you will learn not to fear it.”

- Dr. Joseph Sheehan

Contact:

clinics.slhs@sriramachandra.edu.in

**Sri Ramachandra
Medical Centre & Hospital**

Department of Speech Language & Hearing Sciences

II Floor, Smt. Kamalam Ramaswamy

Health Sciences Block

Contact: 044-45928500 Extn. 320/ 321



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)



**making a difference
in clients with communication problems**



**FAQs about
Stammering/
Stuttering**



PLEASE READ the following lines exactly like it is given, to experience stuttering, a fluency disorder.

“I want a **Ma Ma Ma Ma Mango**”

“Let’s take a **Riiiiiiight**”

“Is it to **(pause for 3 seconds and continue)** morrow?”

(Press your lips like you are going to produce the sound ‘pa’ and stay like that for 3 seconds and then say) “Parcel is here.”

How did that make you feel?

What is Stuttering ?

Stammering/Stuttering is a disorder that affects the flow/continuity of speech.

Speech may be interrupted by repetition, prolongation or pauses on the sounds and words while speaking.

What are the signs of stuttering?

- ⇒ May sound like being stuck on a sound or **repetition** of words
Example: “**b-b**-ball” or “I want **want want** it”
- ⇒ May sound like **stretching** a sound out on a word
Example: “He**llllllllllo**”
- ⇒ Difficulty in producing sounds at the beginning of a word or a sentence.
- ⇒ Speech that includes frequent **revisions**, and “**filler**” words
Example: “Like” or “Um”
- ⇒ They also exhibit secondary behaviours such as eye blinking, head nodding.
- ⇒ May seem to be struggling to speak with possible frustration.

Who can help?

⇒ Speech language pathologists (SLP) are professionals who help in training individuals with stuttering.

How does treatment work?

- ⇒ Initially a detailed assessment will be conducted by a SLP who makes a diagnosis and provides counselling.
- ⇒ Person with stammering/stuttering will be guided through the treatment process.
- ⇒ Speech therapy will be provided focusing on maximising communication, using strategies and techniques specific to each patient’s abilities and needs.

How can family members/friends help?

- ⇒ Provide a relaxed environment.
- ⇒ Listen attentively and focus on the message conveyed rather than how it is said.
- ⇒ Wait for him or her to complete the intended statement and do not interrupt.

