



**"Approximately 5% of all children go through a period of stuttering that lasts 6 months or more.**

**3/4 of those will recover by late childhood, leaving about 1% with a long-term [stutter]."**

The Stuttering Foundation



At Huddle Up, we bring our specialist providers, children, school staff, and families together with high quality care that supports the whole community.

**Better Care Together.**

[www.huddleupcare.com](http://www.huddleupcare.com)

Speech Therapy  
Occupational Therapy  
Mental Health Counseling  
Resources & Education



LET'S LEARN MORE ABOUT

**STUTTERING**

## ABOUT STUTTERING

A person who stutters has difficulty producing fluent speech and may experience one or more of the following when they are trying to speak:

- Syllable repetitions (b-b-ball)
- Whole word repetitions (my, my, my ball)
- Phrase repetitions (my ball, my ball, my ball is blue)
- Prolongations (mmmy ball)
- Block (unable to produce sound right away when trying to speak)

A person who stutters may also experience behavioral characteristics associated with their stuttering such as head or hand movements.



## SUPPORT TIPS

People who stutter benefit from therapy with a licensed speech therapist to learn techniques to help them communicate more effectively.

If you know someone who stutters, the following tips can help them feel supported:

- Allow them to speak for themselves - even when they are having difficulty.
- Be patient and give them plenty of time to communicate their message.
- Let them know that you value them and what they have to say.
- Use body language that shows that you are paying attention.

## FAST FACTS

- About 1% of adults stutter.
- Stuttering does not affect intelligence.
- Stuttering is more common in males than females.
- Stuttering severity and characteristics differ from person to person.
- The cause of stuttering is unknown, but may be due to differences in the speech centers of the brain.
- There is no "cure" for stuttering, but many strategies and techniques can help a person who stutters communicate effectively.

## ADDITIONAL RESOURCES

- [The Stuttering Foundation](#)
- [The National Stuttering Association](#)
- [Helping Kids Thrive: How to Support Children Who Stutter](#)

**FOR EXPERT HELP**  
[www.huddleupcare.com](http://www.huddleupcare.com)