What is Stammering?

A stammer, stutter or a dysfluency? These all mean the same thing!

- Stammering or stuttering is characterised by unusually frequent repeating or prolonging of sounds or words. e.g. b-b-b but, can can can I, wwwwhen etc. The child 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 please phone 01744-646548/646556 to make a referral to the Speech and Language Therapy service.

Information for:

Parents:

If you are a parent of a child/young person who has started to stammer or who has always stammered the click here for more information on why a stammer occurs, what you can do to support them as well as lots of other useful information and support options

Children:

If you are a child who has a stammer click here for articles about stammering which are relevant to you and your situation as a child who stammers. You can learn about the nature and causes of stammering as well as getting accurate information and advice about how to cope with the problem.

Teenagers:

If you are a teenager who has a stammer click here for articles about stammering which are relevant to you. You can get more information about the nature and causes of stammering as well as getting accurate information and advice about how to cope with the problem.
Teachers:

If you have a child in your class who stammers it can be difficult to know what to do for the best. Click here for more information about the causes of stammering as well as specific advice about what you can do to help.

**The Stammering Information Programme**

This resource includes a 10-minute video presentation and additional information about stammering. It has been funded by the DCSF to raise awareness among all education staff about stammering and how to support the pupil who stammers in school.

If you work in education and would like to view a copy of this DVD or would like to arrange a 1-hour awareness raising session for your staff/colleagues then please contact a member of the Speech & Language Therapy Team on 0151 4955024

**The Michael Palin Centre**

For further information and advice

**British Stammering Association**

For further information