### What is developmental stuttering?

Developmental stuttering is a communication disorder that can emerge as a child develops language. It involves disruptions, or “disfluencies,” in a child’s speech. Disfluencies can vary from situation to situation.

There are also emotional / internal components of stuttering.

### Fast Facts

<table>
<thead>
<tr>
<th>Developmental stuttering usually begins between 2 - 5 years of age</th>
<th>Ratio of male children who stutter compared to female children who stutter is 2:1</th>
<th>About 5% of children will go through a phase of stuttering. Of those 5%, 80% will stop stuttering and 20% will continue stuttering</th>
</tr>
</thead>
</table>

### What are the Risk Factors for Developmental Stuttering?

<table>
<thead>
<tr>
<th>Family history of stuttering</th>
<th>Developing a stutter later than 3.5 years of age</th>
<th>Stuttering for 6-12 months or longer</th>
</tr>
</thead>
</table>

### Normal (non-stuttering) Disfluencies

- Interjections like “um”
- Repeating multisyllabic whole words
- Repeating phrases
- Changing words in a sentence
- Not finishing a thought

### Stuttering Like Disfluencies

- Repeating parts of words or syllables
  - “I g-g-g-g-got it”
  - “Do-do-do it”
- Prolonged sounds
  - “Sssssssly movie”
- Blocks/stops
  - “Can I (tense pause) have it?”

### What emotions might the child feel?

- Frustration
- Stuttering-related changes in mood, such as anger & sadness
- Feel unable to speak

### What emotions might you feel as the adult?

- Guilt / Shame
  - Remember, you did not cause the stuttering.
- Worry / Concern
  - This can be a difficult experience, so it is okay to have these feelings

### Resources to explore for more information

- ASHA
  - https://www.asha.org/public/speech/disorders/stuttering/
- National Stuttering Association
  - https://westutter.org

### References


