

What Is Stuttering?

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Stuttering at its core is simply a behavior, a speech difference which interrupts the flow of speech with repetitions of sounds or syllables (e.g., h-h-h-hi) or sound prolongations (e.g., mmmmmmy).

WHAT STUTTERING IS NOT

It is not related to intellect or personality, nor is it caused by fear. Although, if one is anxious about their stutter, they may be less likely to speak up to demonstrate their full personality or all of their ideas.

HOW MANY PEOPLE STUTTER?

Approximately 1% of the world's population stutters, about 80 million people. Many children begin to stutter in the preschool years, and between 70-80% of them spontaneously stop stuttering after a few months whether or not they receive speech therapy. The exact reason for this is not yet clear. More men stutter than women, about 3 or 4 to 1.



WHAT CAUSES STUTTERING?

We know much more about the causes of stuttering today than ever before but there is still much we have to learn. Here are several key points to know based on the most current research and on our experience:

1. There is a strong genetic component in stuttering, i.e., stuttering often runs in families.
2. Brain research has found multiple differences in the brains of people who stutter (structural and functional). So stuttering is quite natural and normal for them.
3. Stuttering is not caused by or a result of nervousness, stress, or psychological factors. We also know parents do not cause stuttering. Stuttering is no one's fault.
4. People who stutter are just like people who do not stutter.

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