

- Give them adequate time to respond and opportunities to speak in order to improve confidence
- Use simple language while communicating with them
- Give all possible support and encouragement in speaking
- In case of children,
 - show interest in the curriculum and extra-curricular activities and improve self confidence
 - The parents and teachers may periodically discuss the progress and may help the child face any pressure at school or at home. Take suitable steps to overcome them
 - Teachers should educate other children in the class regarding how it hurts and embarrasses the child when teased or ridiculed. Acceptance and great support would greatly relieve child's tension and enable him/her to speak better
 - Observe if the child is showing anxiety, tension or struggle while speaking. If so immediately seek professional help

Some DON'Ts to help in overcoming stuttering

- Do not discuss the problem with others when individuals with stuttering are around. This can lead to low self-esteem and avoidance behavior in them.
- Do not pressurize in any way. Try to identify the pressures the individual is under and try to rectify them
- Do not compare them with peers or siblings because it may create inferiority complex.
- Do not pressurize them to speak something which they are not capable of
- Do not over react, when they exhibit dysfluencies. Instead tell that it happens to everyone sometimes

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St... St... Stammering???



DEPARTMENT OF PREVENTION OF COMMUNICATION DISORDERS

ALL INDIA INSTITUTE OF SPEECH AND HEARING

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Do you know people who Stammer????

Stammering is a colloquial term used to refer to a speech difficulty called as Stuttering. It is a condition in which speech sounds, or words are repeated or prolonged, disrupting the normal flow of speech. People with this problem will have a hard time getting a word out (blocks).

Generally stuttering is seen more in males than in females and can be seen in both children and adults.

Characteristics of individuals with Stuttering

- Repetitions of whole words, eg. and, and, and, then I left.
- Repetitions of single sounds. eg. 'c-c-come here'
- Prolongations of sounds, eg. 'sssssss sometimes I go out'
- Blocking of sounds, where there is difficulty in getting the words out.
- Adding a sound or a word eg, "I ummm need to go home"
- Facial tension-excessive muscular tension may be evident, for instance, around the eyes, nose, lips or neck

- Extra body movements may occur in an attempt to 'push' the word out. E.g. stamping the feet, shifting body positions or tapping with the hands or feet.
- The breathing pattern may be disrupted, e.g. they may hold the breath while speaking, speak while breathing in, or take an exaggerated breath before speaking
- Avoid speaking situations
- May not have the difficulty in speech when speaking to familiar people

Causes for stuttering

- Family History - people with stuttering may have family members who stutter.
- Genetic conditions
- Psychological issues- anxiety, health worries, parent's anxiety, severe emotional traumas.
- Environmental factors- Influence of the family, home, nursery and school.
- Brain injuries due to stroke or road traffic accidents can lead to neurogenic stuttering.

Treatment facilities available at All India Institute of Speech and Hearing (AIISH) for stuttering

AIISH has the state of the art equipment and technology for the rehabilitation of individuals with stuttering. A specialized clinic called Fluency unit

focuses on the comprehensive assessment and rehabilitation of individuals with fluency disorders. Following are the professionals involved in the treatment of stuttering.

- **Speech language pathologist:** Individuals with stuttering will have difficulties in speaking fluently. Speech language pathologist performs a comprehensive examination and provides speech therapy to improve the individual's speaking abilities. They also try to improve their breathing patterns.



- **Psychologist:** Individuals with stuttering may have psychological issues such as anxiety, stress and depression. Psychological counseling can help overcome these issues and improve the outcomes of the treatment.

DOs and DON'Ts

Some DOs to help in overcoming stuttering

- Try to understand the problems the individual with stuttering is facing
- Try to control your anxiety and tension towards the individual's stuttering problem and be patient when they are communicating with you
- Use slow rate of speech while talking to enable them to speak slowly