

Stuttering

Facts vs. Myths

Facts

- Over 79 million people stutter worldwide
 - Some famous people who stutter are: President Joe Biden, Actress Emily Blunt, Rapper Kendrick Lamar
- Kids can go through periods of disfluency during the toddler and preschool years
 - If your child's stutter persists past three months, call your pediatrician
- Talk about stuttering **HELPS!**
 - We ALL have bumps in our speech
- There is no one cause of stuttering but those who stutter often have a family member who stutters too
- Staying silent during a moment of stutter is helpful
- Praising a child who is stuttering for sharing their thought and story is helpful
 - "I love that you shared that with me!"



Myths

- Stuttering comes from being nervous
- Stuttering is a habit that can go away
- Stuttering is psychological or caused by trauma
- You should tell someone who stutters to "slow down" or "take a deep breath"

