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## THE FICTION

- ✘ Stuttering is caused by anxiety or an emotional problem
- ✘ Stuttering is someone's fault
- ✘ The person can switch the stutter on and off
- ✘ A person who stutters is less intelligent
- ✘ Stuttering can never be fixed and can never be resolved in adults
- ✘ All stuttering resolves in childhood

## Tips for friends and family

- Don't treat family members or friends, who stutter differently, they only have trouble talking, not thinking or feeling.
- Try not to finish their sentence or word when they get stuck. Let them take the time they need.
- Try not to correct them or give them advice as this may cause more frustration and anxiety.
- Talk to them about their stutter and what kind of support they want from you, everyone is different.
- Encourage them to see a speech pathologist for advice and treatment options.

## TIPS

### Remember:

Seek help and advice from a qualified speech pathologist.

There is no magic cure to resolve stuttering completely, but you can learn strategies to manage and control your speech to be a fluent confident speaker.

Treatment can be really effective. Age or severity is no barrier to receiving effective treatment.

You are not alone. There are support groups for people who stutter, contact your local speech pathologist for details.

## CONTACT

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# STUTTERING

## FACT vs FICTION





## THE FACTS

- ✓ **Stuttering is NOT caused by anxiety or an emotional problem**  
Stuttering is a motor-planning problem, not an emotional disorder. People who stutter may be more anxious in unfamiliar speaking situations- but so are most of us!
- ✓ **Stuttering is NOT someone's fault**  
There is not yet any known cause for stuttering. People who stutter do not choose to stutter, it is not their fault.
- ✓ **The person can NOT switch the stutter on and off**  
Stuttering is a motor-planning disorder, it is not consciously controlled. People who stutter can learn to control their speech but they can't turn the stutter "on" or "off".
- ✓ **A person who stutters is NOT less intelligent**  
There is no connection between IQ and stutt
- ✓ **Stuttering CAN be reduced for adults**  
Although stuttering is a lifelong condition, a person who stutters can learn a different technique of speaking from a speech pathologist whereby they learn to control their speech.



## CAUSES

### What causes stuttering?

There is no known cause yet for stuttering. There does seem to be a genetic link in stuttering. If a parent or relative stuttered, there is a higher chance that their child may stutter compared to other children. Stuttering almost always starts from the ages of 2-5 years. There is a chance of natural recovery, however if left untreated it may become more severe over the years. Stuttering may become worse for people when they are in a new situation or anxious about something, e.g. starting a new job.

### What is stuttering?

Stuttering is a disruption to the fluency of someone's speech. People who stutter know what they want to say but the flow of their speech can be disrupted. The flow maybe interrupted by one or several ways:

- Repeating sounds, words or phrases  
*"p-p-p-please pass the salt"*
- Prolonging sounds  
*"Where's my siiiiiiister?"*
- Breaks when no sounds come out when the person is trying to speak
- People who stutter may also have movements associated with their stutter, e.g. head movements, eye flutters, excessive blinking etc.



## TREATMENTS

### What treatment options are there?

- Firstly, it's never too late to seek help. Treatment is effective for children, adolescents and adults. Severity or age is not a barrier for successful treatment.
- Speech pathologists are trained to assess and treat people who stutter.
- Speech pathologists offer the only service that is based on empirical research.
- Adult treatment focuses on teaching a different speech rate with the aim to make the person speak more fluently and confidently.
- There is no "magic cure" for stuttering; however a speech pathologist may implement strategies to use during all speaking situations.