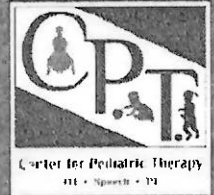




# Should I Worry About Stuttering?



Seeing your child struggle to express themselves can be concerning, especially when they suddenly begin to stutter. More than half of all toddlers go through a stage when their speech appears bumpy instead of smooth and controlled. Fortunately, this can be a common stage in development, and 75% of all children who show signs of stuttering at a young age will grow out of it. So how do you know if your child's stuttering should be of concern?

## Typical stutters that we expect as part of development:

- Hesitating between words ("I want some ... juice")
- Interjecting filler words, such as "um," "uh," "well," or "like"
- Making revisions within a sentence ("My sister is - my sister wants to play")
- Repeating phrases ("I want to ... I want to go")



## Atypical stutters that are more concerning:

- Repeating entire words, often more than once ("Can can can can I have a cookie?")
- Repeating sounds ("M-mom") or syllables ("Ba-baby")
- Prolonging sounds ("I- (prolonging sound) I live in F----Fairfield.")
- Blocking airflow, so that it appears they are trying to speak but no sound comes out, as if they are "getting stuck" on the words ("I [block] I need some [block] help.")



## Additional red flags for stuttering

### Consider an evaluation if your child...

- has been stuttering for more than six months
- began stuttering after three and a half years of age
- has a family history of stuttering
- appears to be tense or struggling while talking
- demonstrates secondary behaviors, such as blinking eyes, head movements, or facial grimacing when stuttering
- has negative feelings regarding their speech
- avoids speaking in general or in certain situations



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