

What is a Stutter?

Some things you need to know!!!!



There are several types of Stuttering events

- Prolongations
- Repetitions with Tension
- Blocks
- Filler words used to take up space or as starters
- Long Pauses
- Changing Words & Sounds
- Talking without enough air

A Prolongation means holding out
a sound or syllable with
tension.....and
for a long.....time!

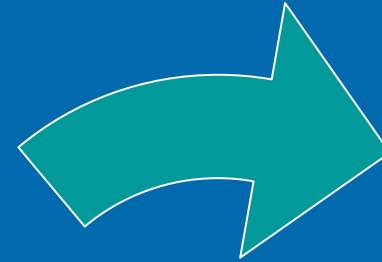
Prolongation

The background of the slide is a solid blue color. In the lower half, there are several faint, concentric white circles that resemble ripples on water, scattered across the bottom.

A repetition is.....

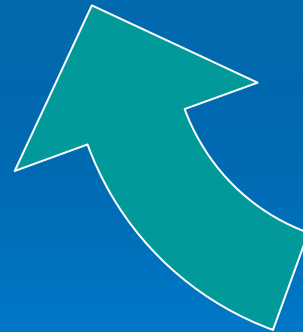
- Saying a sound or syllable several times

da



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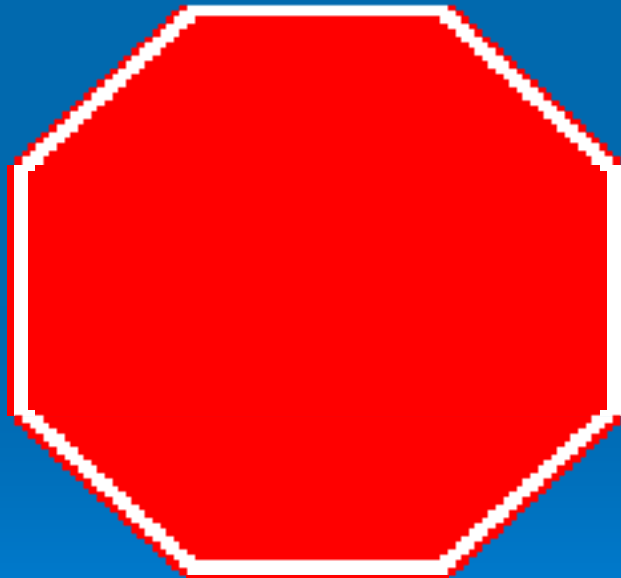
- With Tension.....



da



A Block happens when air stops &
your throat feels tight



Filler words...um, well, a, and like

- Take up.....



- Are used to start a word...



long pauses

➤ *Take up*

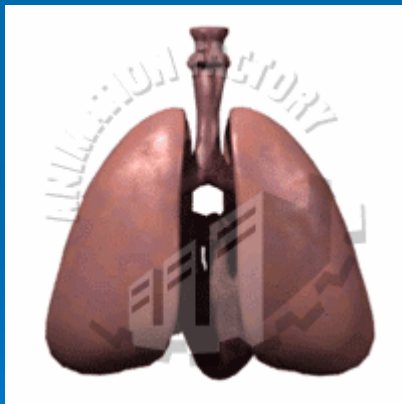


Changing Words & Sounds...
is **AVOIDING**... This is a
stuttering event!



Talking without enough air..

- Feels like your throat gets real tight....
- Speech sounds tight and it is harder to talk..



Stuttering events have...

anxiety & tension



You can decrease tension & stuttering

- Easy starts (Maaay I..... have a cookie?)
- Light starts (slow and soft)
- **BREATHE!!!!**
- Relax
- Stutter in an easy way



Remember - Eye Contact

- Eye Contact makes me feel nervous BUT people feel comfortable if you look at them when you are talking.
- Eye Contact is important to good communication.

