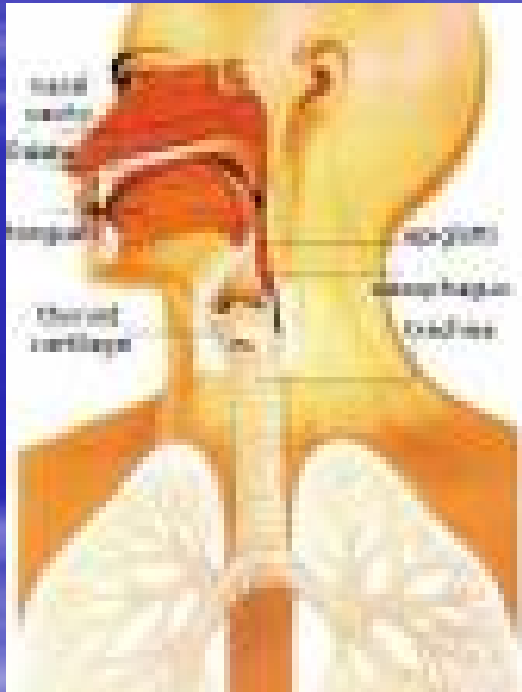


# Stuttering

By: Rick

# What is stuttering?

## Here are some facts.



- The muscles that produce speech are: the voice box, tongue, teeth, lips, and the lungs
- When we talk all the muscles are in working in unison together, but sometimes.....

# What is stuttering 2?



- The muscles do not work together and move easily because of tension. Tension just happens.
- Muscle tension feels like a muscle spasm that you cannot control. This causes the air flow to stop until the speaker  
.....

# What is stuttering 3?

Either:

- 1) Pushes through the tension (which actually increases the tension)

or

- 2) Uses speech tools



# What are speech tools?



Here is a list of some speech tools that may be used either alone or in combination with each other:

- Easy beginnings
- Longer pauses between phrases
- Blocking out
- Easing in
- Easing out (of a word)
- Light touches

Speech tools allow kids who  
stutter to...



Move forward  
through their  
words without  
as much  
physical  
effort!

# Why not and when-----



- Some times I can use my tools without much difficulty
- At other times it is not as easy

This is because:

- 1) Not all speaking situations are the same
- 2) The info I'm talking about may be more complex
- 3) The conversational partners may be different
- 4) Emotions or physical feelings are constantly changing
- 5) Sometimes it is just unexplainable

# The bottom line is.....

- It's hard to use speech tools ALL the time.
- It takes practice and hard work and I'm still learning.
- It's sometimes hard to remember to use them, especially in certain situations and under certain speaking conditions like....
  1. when you're in the middle of a class
  2. When you are called on and not expecting it
  3. meeting new people
  4. answering or talking on the phone



# Remember



- Stuttering is not:
- A problem with intelligence
- A mental problem
- Contagious
- Curable with medication
- Easy to change or control