

Stammering

What is stammering?

Stammering is a natural deviation in talking.

Children might hesitate, stop and start again or stumble over words. They might repeat sounds or words, or use noises like “umm” and “err” while they are thinking about what to say next.

Around 1 in 12 children will stammer when they are learning to talk. Some people might call this stuttering. They both mean the same thing.

What might you notice if your child is stammering?

Your child might:

- repeat parts of words, for example “b-b-baby”
- repeat whole words, for example “my-my-my car”
- stretch sounds out, for example “mmmmummy”
- get stuck on words for a few seconds, where no sound comes out
- find it difficult to start saying something
- get a bit tense and frustrated when they are talking
- move their body to try and help say a word

They might be aware that talking is difficult, and might get upset or frustrated. They might also avoid talking in some situations. If you notice this happening a Speech and Language Therapist can help. They will help you to understand how to help your child.

Speech and Language Therapy can support everyone to be a confident communicator.