

FLUENCY DISORDERS

A fluency disorder is an abnormal interruption in the flow of speech by repetitions or prolongations of a sound, syllable, or by avoidance and struggle behaviors. Stuttering occurs when a person says a sound or word more than once or has difficulty getting speech to come out. All people have disfluent speech to some degree. Below are the different types of disfluencies. Please be aware that there is no cure for stuttering, but strategies can be taught to help the speaker compensate or modify their speech to become more fluent.

Type of Disfluency

Examples

repetitions

Repeating a part of a word, whole word or phrase.
Ex. "I-I-I-I want to go to the movies."

prolongations

Stretching out a sound in a word for a long time.
Ex. "Ssssssssomebody took my juice".

blocks

Difficulty getting a word or part of a word to come out. This can result in pauses throughout speech. Ex. "She wants...to go... with us."

RISK FACTORS AND RED FLAGS

- ❑ Usually begins between 2 and 6 years old. (some degree of stuttering is typical in pre-school age children).
- ❑ Family history of stuttering.
- ❑ Males are more likely to stutter than females.
- ❑ Stuttering has lasted longer than 6 months.
- ❑ Stuttering events are accompanied with secondary behaviors and/or physical tension.

