



Speech Dysfluency

Understanding when therapy is appropriate

True Stuttering (stammering) occurs in only 1% of children, while Normal Speech Dysfluencies are prevalent in children between 18 months and 5 years of age. Normal Dysfluency only lasts for 2-3 months if handled correctly, whereas true stuttering can require long-term treatment.

“Children with other speech and language problems or developmental delays are more likely to stutter”

Source: Stuttering Foundation

Normal Dysfluency

Less than 10 dysfluency per 100 words

Repetitions are only 1 or 2 in length

No apparent signs of tension or struggle

Most children will be unaware of the dysfluencies

True Stuttering

Frequent repetitions of sounds, syllables, or short words

Frequent hesitations and pauses

Tense facial expressions or facial tics

Fear of talking

Speech Dysfluency

COLE PEDIATRIC THERAPY WILL WORK WITH THE CHILD
AND PARENT TO OBTAIN THE FOLLOWING GOALS:

Understanding of the speaking process and
the breakdown that occurs when stuttering

Knowledge of strategies to promote more
fluent ways to speak

Recognition of secondary behaviors
associated with stuttering such as eye
blinks, head nodding, foot tapping, etc.

Decrease negative associations paired with
speaking

Develop a speech hierarchy that will help
a child overcome stressful situations that
increase stuttering



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