

# Myths & Facts About Stuttering

<b>Myth</b>	<b>Fact</b>
<i>Stuttering is an emotional problem caused by anxiety or a traumatic event.</i>	Some people who stutter may be nervous and shy, just as some people who don't stutter. People who stutter may be outgoing, friendly and talkative just the same as anyone else. Stuttering is NOT a psychological problem.
<i>Stuttering is caused by the way parents interact with their children</i>	Research shows that there is no difference in parenting techniques between parents of children who do and do not stutter.
<i>People who stutter are not as clever as others.</i>	There is no link whatsoever between stuttering and intelligence.
<i>Listening to someone else who stutters can cause a young child to stutter.</i>	You cannot "catch" stuttering.
<i>It helps to tell a person to "take a deep breath" or "think about what you want to say" when they stutter.</i>	It's best just to give them plenty of time to finish what they have to say on their own.
<i>It's best to ignore stuttering completely.</i>	Some children are completely unaware of their stuttering, or are aware but not at all bothered by it. Others do notice their stutter and may become frustrated, upset or anxious about it. As stated above, it's best just to give your child extra time to say what they're trying to say, rather than trying to give them tips about talking. However it is ok to talk to them about their stutter if you feel they are upset or anxious about it. When your child stutters, occasionally making comments in a positive, light-hearted tone of voice such as "That's ok, sometimes I find it hard to talk too", or "That was a bit tricky to say, wasn't it!" can help to reassure your child. Talking about stuttering in this positive way will not make a stutter worse.
<i>Stuttering is a normal part of a young child's speech development.</i>	Although it is not uncommon in preschool aged children, stuttering is a speech disorder and not a typical part of speech development.
<i>Therapy for stuttering is boring, slow and too hard for young children.</i>	Treatment for stuttering is fun! The therapist and parent work together to ensure therapy is delivered in a way that will be enjoyable for the child.