

# Stuttering in preschoolers



## Cause

The cause of stuttering is very complex. In most children it is explained by the processing of speech that is different in the brain and by genetic factors.



## Characteristics

Visible features are repetitions of sounds or words and being stuck in or before a sound. Stuttering also has an impact on social and emotional functioning. Sometimes children show secondary behaviours such as gasping for breath, which indicates fighting the stuttering.



## When do we speak of stuttering?

When there is an increased presence of abnormal disfluencies, it is appropriate to speak of stuttering.



## How can we help?

- Take the time to talk to the child.
- Be relaxed and look at the child while you listen.
- Wait your turn to speak and do not interrupt the child.
- Respond to what the child says, not to how it was said.



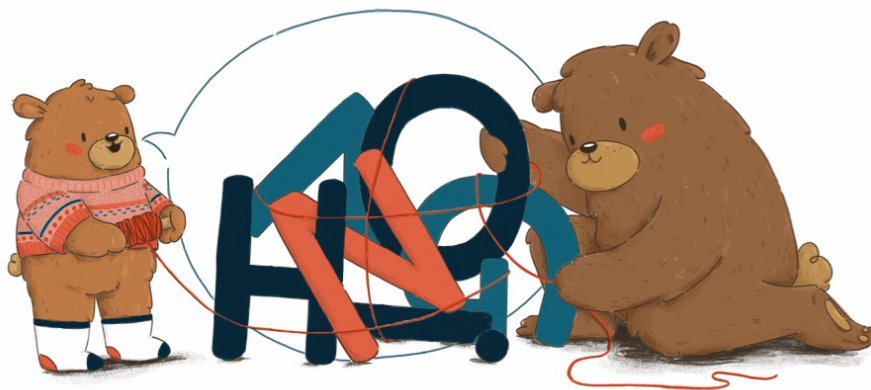
## Talking about the stuttering

It is important that the child and his/her environment acknowledge their thoughts and feelings and make stuttering a subject for discussion. The child is often already aware of the stuttering. By talking about it, the child will worry less. Ask a speech therapist specialized in stuttering for specific tips.



## Referral

Do you think a child stutters? Do not wait. Parents should contact a speech therapist specialized in stuttering. With the right advice or treatment, the chance to recover before the age of 6 years is greater.



## More information

<https://www.thomasmore.be/stotteren-bij-kleuters>