

Facts About Stuttering:

- Approximately 5% of children go through a period of temporary disfluency, with 1% of the population whose stuttering persists into adulthood.
- Males are approximately 4x more likely to stutter than females.
- Approximately 60% of children who stutter have a close family member who stutters as well
- Children who stutter do not have a higher or lower IQ than children who do not stutter.
- There is no miracle cure for stuttering, however, with speech therapy, your child can learn techniques to improve the flow of their speech and help them identify and work through their thoughts and feelings about stuttering!

National Speech/ Language Therapy Center

National Speech is a family oriented pediatric practice specializing in language development and learning disorders serving infants and children through 21 years of age. Research shows it is important to diagnose and treat speech, language, and reading disorders at an early age to help your child develop healthy self-esteem and to thrive in school.

For over 20 years, our highly experienced staff has helped thousands of families in Maryland and D.C. We can customize a specialized treatment plan to meet your child's specific needs.

Please contact us to schedule an evaluation, or discuss treatment options.

Brooke Leiman, Director of Stuttering Clinic

BETHESDA, MD: (301) 493-0023
GERMANTOWN, MD: (301) 897-3245
WASHINGTON, D.C. (202) 470-4185



*National Speech/
Language Therapy Center*



*The Stuttering Clinic at
National Speech/
Language Therapy Center*

The 411 On Stuttering



**To contact the Stuttering
Clinic directly:**
Brooke@NationalSpeech.com
www.StutteringSource.com

What is stuttering?

As defined by the Stuttering Foundation of America, "Stuttering is a communication disorder in which the flow of speech is broken..."

Stuttering typically presents as:

- Sound syllable repetitions (ta-ta-talk)
- Prolongations (ssssspeech)
- Blocks (no sound)

Disfluencies may also be accompanied by physical struggle and tension which include but are not limited to:

- Eye blinks
- Leaning body forward
- Contortion of lips
- Increased pitch

What causes stuttering?

Researchers have not identified a single cause of stuttering. However, these four factors are thought to interact and play a role in the development of stuttering:

- Genetics
- Neurological differences
- Child's speech and language skills
- Reactivity to stuttering both by the child and those around the child.

How do you treat stuttering?

Stuttering treatment is highly individualized and focuses on treating the "whole" child and not just the observable speech behaviors. To receive the best outcomes, we encourage the participation of parents, siblings, teachers and peers throughout the therapy process. Below is a list of general goals for both preschool-aged and school-aged children.

Preschool-aged Children

- Enhancing fluency
- Educating parents on stuttering, risk factors associated with stuttering, and treatment options
- Assisting parents in making appropriate environmental changes to enhance child's fluency and ability to speak freely

School-aged Children/Adolescents

- Reducing stutter-like disfluencies
- Reducing tension, struggle and secondary behaviors associated with stuttering
- Reducing word/situational avoidances
- Increasing participation in academic and social settings
- Improving overall oral communication skills
- Increasing knowledge of stuttering and self-advocacy skills

Client Testimonials

"My son exhibited disfluencies in his speech starting around age 4. Brooke Leiman was someone who was recommended to us based on her expertise in stuttering, a specialty that not many speech language pathologists have. Over the course of the past year, my son's speech has really improved, and even at 4 years old, he has begun to use strategies"
-Marci L

"My son's therapist, Brooke Leiman, has been a terrific therapist, advocate, and friend to him. She has helped him to feel more comfortable and confident about his speech, taught him various strategies to use, listened to him, and generally been there to support him. My son feels a special bond with Brooke, and I know she has helped him immeasurably. Brooke has also been great at communicating with me and my husband, takes the time to educate us about stuttering and answer our questions, and is flexible on scheduling..."
-Marcia B

About Brooke

Brooke Leiman is the director of the Stuttering Clinic of National Speech Language Therapy Center. In her time at National Speech, she has worked with preschoolers, school-aged children and adults who stutter, in both individual sessions as well as in therapy groups. She hosts a blog, www.stutteringsource.com, which is dedicated to providing information for people who stutter. Posts from this website have been featured in Washington Parent Magazine as well as on the American Speech Language and Hearing associations's blog, ASHAsphere and in their monthly publication, the ASHA Leader.