

Stuttering

Stuttering is common among young children and is a regular part of speech learning. Some toddlers may stutter when their speech and language skills aren't developed enough to keep up with what they want to say. Most children outgrow this type of stuttering, which is called developmental stuttering.

But sometimes stuttering is a long-term condition that lasts into adulthood. This type of stuttering can affect self-esteem and communication with other people.

Treatments for stuttering children and adults may include speech therapy, electronic devices to improve speech fluency, or cognitive behavioral therapy, a form of mental health therapy.

It's common for children between the ages of 2 and 5 to experience periods of stuttering. For most children, this is part of learning to speak, and it improves. However, stuttering that continues may need treatment to improve speech fluency.

Call your health care professional for a referral to a speech-language specialist called a speech-language pathologist. You can also contact the speech-language pathologist directly to schedule an appointment. Ask for help if you stutter.

For more information:

[Early Childhood Stuttering: Is it Stuttering or Typical Disfluency?](#)