Stammering and Speech & Language Therapy

Stammering is more common than you might think. One in 20 children under five years old go through a phase of stammering. About three in four of those will grow out of it, which leaves half a million people in the UK who stammer. Stammering is found in all parts of the world and affects the rich, the poor, those that are highly intelligent and those who have learning difficulties.

There are many famous people who stammer or have had a stammer, for example Ed Sheeran, Marilyn Monroe, Bruce Willis and Emily Blunt.

What can I do about it?

There is no guaranteed 'cure' for stammering. However, a Speech and Language Therapist could provide therapy that will:

* help you develop ways to speak more fluently and to take responsibility for your progress.
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* help you to deal with your stammer, learn more about yourself and achieve your potential.
* enable you and your parents to cope better with your speech difficulties and with your own development.
* address issues to do with school, teachers and friends. It will help you understand the problems they may have with your stammering and to develop strategies which will improve your confidence in dealing with them.
* put speech techniques in perspective, to see whether certain speech skills can be taught and used successfully in everyday life.

Stammering can affect every part of your life. Therefore, speech therapy aims to help you to help yourself in developing confidence, social skills, self-awareness, speech fluency and problem-solving strategies.

Further sources of information about stammering

**Stamma (Previously known as** **The British Stammering Association)**

✉️ The British Stammering Association, trading as Stamma

15 Old Ford Road

London E2 9PJ

📞 020 8983 1003

💻 <https://stamma.org/>

📧 [mail@stamma.org](mailto:mail@stamma.org)

**Action for Stammering Children**

✉️ Action for Stammering Children

Michael Palin Centre

13 – 15 Pine Street

London, EC1R 0JG

📞 020 3960 5003

**💻** [Home - Action for Stammering Children](https://url.uk.m.mimecastprotect.com/s/nXy3CA64GTMlK5vU9-q-0?domain=actionforstammeringchildren.org/)

📧 [support@stammeringchildren.org](mailto:support@stammeringchildren.org)