CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Stuttering (fluidity disorder of childhood onset)

Changes in speech fluency, such as repetition of syllables, prolongation of sounds, or blockages, which cause anxiety when speaking or limit communication.

COMMON SIGNS

- Repeated syllables or prolonged sounds
- Tense blocks when starting to speak
- Avoids situations where they have to speak

TIPS FOR YOU

1. Listen calmly, without finishing their sentences or asking them to slow down
2. See a speech therapist who specialises in fluency
3. Work on speaking anxiety with psychological support

FOR FAMILY AND FRIENDS

1. Listen patiently and keep eye contact
2. Don't finish their sentences or tell them to breathe

WHEN TO ASK FOR HELP

1. If they avoid speaking in class or at work
2. If speaking anxiety holds them back

TO OBSERVE AND NOTE DOWN

☐ I repeat syllables or sounds when I speak
☐ I prolong sounds without meaning to
☐ I get stuck when starting to speak
☐ I feel tension in my face or neck when I speak
☐ I swap words to avoid the ones I find hard
☐ I avoid phone calls or speaking in public
☐ I worry a lot about stuttering
☐ Speaking makes me anxious

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/tartamudez-trastorno-de-la-fluidez-de-inicio-en-la-infancia
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112