

What's all the talk about?

Celebrate and Educate! May is Better Speech and Hearing Month

Let's talk about

Fluency

Did you know that 'disfluencies' are quite common during normal speech production? It is only when these 'disfluencies' occur greater than 8-10% of the time that the speaker is considered to be a person who stutters (or a person who demonstrates 'dysfluencies'). There are many famous faces in Hollywood who have been diagnosed as a person who stutters. Can you name any? Check with a Speech Language Pathologist or go online to such websites as www.stutteringhelp.org or www.mnsu.edu to see if any of your guesses are correct.

Below are some fluency enhancing techniques that Speech Language Pathologists use in therapy:

- Slow, steady speech
- Quieting the voice
- Light articulatory contact
- Nursery rhymes and singing