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# SPEECH THERAPY & E.N.T. CENTRE

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## STAMMERING :

THE MYSTERY UNVEILS NOW !

*"Don't worry about it You'll grow out of it"*

*"Forget about it, relax" "Slow down, take a deep breath"*

*"Be more confident"*

### Familiar ?

It is easy to hand out advice, particularly when you haven't had the same problem. The advice is of course, well meant -but often impossible to follow.



### So what is STAMMERING or STUTTERING ?

They mean the same thing, but whom does it affect ? What causes it? Is there a cure? What can you do? This leaflet will try to answer some of these questions.

## What is STAMMERING ?

It is an involuntary repetition, prolongation or block which interrupts the normal flow of Speech"

Approximately one person in every hundred stammers, and Stammering covers a wide range of behaviours. One person may get blocked or stuck on a certain word or sounds, another may repeat sounds, another may go back in speech and take a run at the difficult word and yet another may do all of these things and many more.

There are times when speech is fluent perhaps when talking to oneself or with a friend or may be junior. At the other times Stammering may occur frequently especially when tired, excited or under stress. Stammering may be worse when speaking to someone in authority or while talking on the phone. Why is it that the Stammering and fluency varies so often? This is because of the lack of **Neuro-Muscular co-ordination**.

The shame and embarrassment, the fear and tension, the loss of self confidence and the sense of frustration all adds up making the speech impossible. Despite the best efforts of not to stammer, the words do not come out smoothly, normally.

## How does STAMMERING develop ?

It usually starts between 3 and 5 years, it appears less often between 5 and 9 years and is quite rare after 12 or 13 years old, Five percent of all children will stammer at some time during their early years, 4 percent will recover with or without help, leaving 1 percent of adults who stammer. Interestingly, It is four times more common in boys than in girls.

Many people who stammer spend a great deal of time trying to find out why they stammer. Perhaps they believe that if they could get an answer to this question, they would be cured. Unfortunately such beliefs are not true and only lead people to focus on the past rather than on what is happening now. The one certainty is that there is no single cause, but that Stammering is probably the result of many factors coming together in an individual at the same time These factors could be physical, emotional or due to outside influences such as friends, school, parents etc.

Recent research shows that most of the stammerers have difficulty in co-ordinating the muscles for speech, they need more time to speak. This helps us to understand something which has already been discovered by the **STAMMERER**, that the slower he/she speaks the more likely they are to be fluent.

## The real issue is what to be done ?

The main aim must be to take the mystery out of Stammering. Continued Speech Therapy is the only answer.

### THE THERAPY

There is no short-cut method to cure Stammering.

However, therapy will help :

- (a) To learn about speech organs and their role in easy speaking.
- (b) Removing the psycho-fear of Stammering by analysing mistakes step by step and then developing normal speech habits and positive attitude.
- (c) Total behaviour modification. (d) Fluency maintenance.

### IMPORTANCE OF GROUP SESSIONS Cum PUBLIC SPEAKING

Group Sessions are an integral part of our Therapy Program. These sessions are designed in such a way that each and every person is given the confidence to speak up in front of his batch mates and thus making him more confident of speaking publically. We have a group therapy session frequently and we have enjoyed a high attendance rate for this session.

In individual Therapy one can learn some very important points and understands basic speech organ exercises. Since, stammerers are found to have difficulty in co-ordinating their muscles for speech, these exercises help them to have a good start while working towards the other levels of our programme.

In Group therapy, we try to recollect the lost confidence of the stammerer by introducing him to a entirely different scenario than what he observe in day to day life. Extempore, group discussions and public speaking sessions builds up the confidence and helps him to overcome his problem of Stammering.

But Public Speaking in the form of GROUP THERAPY is very crucial. Public Speaking Sessions held at our centre goes with the belief that **“Stammerers can become Orators”**. Stammerer's self-determination and our assistance join hand in hand to achieve this goal.

Such types of meetings played a vital role in taking out the inhibitions and in the transformation of the overall personality. Different activities like Public Speaking, Interviews, Group Discussions, Plays has build strong confidence and given them the self belief that they can do anything and now the sky is there limit.

## MISARTICULATION/ तुतलाना

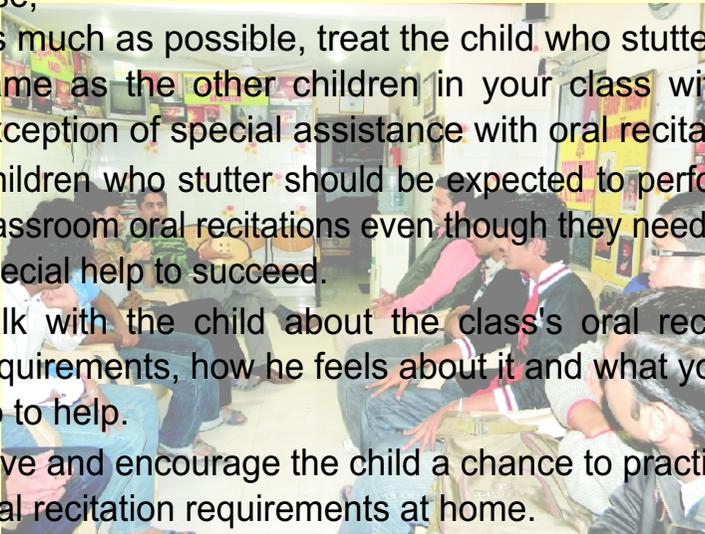
In children there may be any number of causes of articulation disorders, such as weak muscles, little control over the tongue or respiratory system, or just a generally immaturity related to speech. However, some cases, particularly those in adults, may be related to an associated condition or cause. A general speech delay, hearing impairment, mental retardation, acquired brain injury and certain types of learning disabilities may all contribute to articulation disorders.



Although the road towards Fluency and Effective Communication was tough needing much sweat and toil but the end result is great personality. **Action speaks louder than words and Effective Communication is priceless.**

### THINGS THAT YOU AS A TEACHER CAN DO TO HELP

1. Meeting with parents of a child who stutter before or near the beginning of classes will help you learn the parents concerns and expectations.
2. Encourage good talking manners in the classroom, no one interrupts, talks for or finishes words for anyone else,
3. As much as possible, treat the child who stutters the same as the other children in your class with the exception of special assistance with oral recitation.
4. Children who stutter should be expected to perform all classroom oral recitations even though they need some special help to succeed.
5. Talk with the child about the class's oral recitation requirements, how he feels about it and what you can do to help.
6. Give and encourage the child a chance to practice his oral recitation requirements at home.
7. Allow children who stutter enough time to talk, they may frequently have trouble starting to talk.
8. Know that you are caring enough to do these things can make a big difference !



## THINGS THAT YOU AS A PARENTS CAN DO TO HELP

1. Keep natural eye contact while your child is talking.
2. Avoid such situations at home and outside where the child has to compete for love and attention, compete scholastically or in any other area with other children.
3. Avoid any kind of direct reference to child's speech difficulty in his presence, unless he recognises the problem and questions you about it.
4. The child should be praised at home as well in the school for his achievements in order to build up his self confidence. Listen to the child with interest.
5. When the child has blocks while speaking, do not supply the word to him Let him try to break his own block. Be a patient listener.
6. After your child speaks, reply slowly & unhurriedly using some of the same words.
7. Do not make the child conscious of his speech by telling him to talk slowly, to keep calm, to take a deep breath or to think before speaking or to stop talking or to repeat when he has difficulty.
8. Spend at least 5 minutes each day devoted to talking with your child in an unhurried, easy, relaxed manner, find ways to show your child that you love and value her and that you enjoy your time together.



In a **SPEECH THERAPY** program, the goal is to reduce the symptoms both in amount and in severity, not control nor to hide them. We state with confidence that one need not surrender helplessly to the **STAMMERING** problem because one can change the way he talks, One can learn to communicate with ease rather than with effort. We offer a **scientifically** and **logical** based program which will help even the severest Stammerer.



By placing himself in the care of a **SPEECH THERAPIST**, the person stands a chance of a complete cure. There is no magic involved here whatsoever. The road is often long and arduous, needing much sweat and toil a great deal of patience and effort. But the end product of improved speech is worth it a thousand times.

## MEDIA COVERAGE

WE HAVE BEEN CONSTANTLY WORKING TO CREATE AWARENESS AMONG THE MASSES ON VARIOUS SPEECH DISORDERS ESPECIALLY STAMMERING, MISARTICULATION. OUR ARTICLES HAVE BEEN PUBLISHED IN LEADING NEWSPAPERS OF INDIA, OUR ARTICLES HELP US CONSTANTLY IN EDUCATING MASSES. THOUGH IT WOULD NOT HAVE BEEN POSSIBLE TO SHOW YOU ALL ARTICLES, WE HAVE SHOWCASED SOME OF THE FINEST ARTICLES AND TV SHOWS.



Treatment of **STAMMERING (हकलाना), MISARTICULATION (तुतलाना)** & other **SPEECH, HEARING & E.N.T. Disorders.**  
 \*Psychotherapy, Group Therapy & Maintenance Therapy.

### TIMINGS

9.00 A.M. to 1.00 P.M. & 4.30 P.M. to 8.00 P.M. (Sunday Open)  
 CONSULTATION BY APPOINTMENT ONLY.