

# 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](http://www.stutteringhelp.org) or [www.mnsu.edu](http://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