

# International Stuttering Day

I-I-I am M-M-Mahmoud

A fluency disorder characterized by difficulty in producing and articulating speech. Its severity tends to increase during periods of stress, fatigue, or psychological pressure. It typically begins between the ages of two and five.

## What is it

## Types

- Early (Developmental) Stuttering: Occurs during a child's language acquisition phase and often resolves over time.
- Late (Acquired) Stuttering: Results from brain injuries, psychological trauma, or the side effects of certain medications.

## Factors

- Family history: Approximately 66% of cases are hereditary.
- Neurological differences: Variations in brain structure and function.
- Temperament and personality traits: Certain behavioral tendencies may contribute.
- Gender disparity: Males are significantly more likely to be affected than females

## Signs

- Repetition of parts of words or sentences
- Prolongation of sounds during speech production
- Sudden interruptions or blocks while speaking
- Facial or bodily tension during attempts to articulate words

## Goals

- Raising public awareness about stuttering within the community
- Supporting individuals affected and helping them manage the condition effectively
- Coordinating efforts to educate society and promote respectful, informed interactions with those who stutter

## Support

- Listen patiently without interrupting
- Avoid correcting or finishing their sentences
- Encourage them to speak without pressure
- Refrain from mockery or causing embarrassment

