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17. 'Stammering: Ten essential facts'  
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*Stammering is the experience of disruption to the smooth flow of speech; when words get stuck or speech gets bumpy. It is experienced differently by each person who stammers.*

## Essential facts about stammering:

One in every 12 children will experience stammering at some point in their childhood. Around 80% of children who stammer will naturally stop as they get older

Approximately 2% of adults identify as having a stammer (around 114 million people worldwide).



Stammering occurs in all ages, races & cultures around the world

Stammering is a complex neurological condition and the exact cause is not known



There is no one cure, pill, technique or therapy which makes stammering go away completely. Some children & adults use different approaches & interventions that can help talking feel easier for them

There is a growing body of books & podcasts about living & thriving with a stammer. It is starting to be viewed more broadly as a 'difference', not a defect

