

Text: **What Is Stammering?**

Stammering (also called stuttering) is a speech problem. People who stammer repeat sounds, syllables or words. They may also make long pauses when they speak. For example, a person might say: "M-m-m-mummy" instead of "Mummy".

Stammering often starts in childhood, between the ages of 2 and 5. It can be caused by different factors: genetics (if a family member stammers), problems with speech-motor control, or even emotional stress. Sometimes children stop stammering on their own as they grow up. But for others, it continues into adulthood.

People who stammer often feel **anxious** or **embarrassed** when they speak. They may avoid talking in class, ordering food, or making phone calls. This can lead to **low self-esteem** and **social isolation**.

However, stammering is not a sign of low intelligence or nervousness. Many famous people have stammered, including King George VI (the main character of *The King's Speech*), actor Samuel L. Jackson, and singer Ed Sheeran. With the help of a **speech therapist**, special **exercises** and **perseverance**, most people can improve their speech and feel more **confident**.

Find synonyms

1. ashamed →
2. worry, fear →
3. feeling sure about yourself →
4. continue trying even when it is difficult →