

Waa maxay Shigshigadu?

Shigshigadu waxay wax yeeshaa toosnaanta hadalka. Caruurnimada ayeey ku bilaabataa. Mar marka qaarkoodna waxayba sii socotaa ilaa iyo qofka nolosheesa oo dhan. Xanuunkan waxaa lagu yaqaan hakad ka soo dhax gala qofka hadalkiisa dhawaaqaa.

Shigshigadu dhib weyn ma aha; laakiin waxay hakin kartaa wada hadalka.

Waxaa jirta mar ama marar badan oo ay saameeyso shigshigadu qofka nolol maalmeed-kiisa. Dadka qaarkood, hadalku wuu dhibaa markay ku hadlayaan taleefanka ama ay so joogsadaan dad hortood. Dad badan oo kalese, shigshigad marar badan bey saameeysa nololshooda sida marka ay joogaan guriga, iskuulka, iyo/ama shaqada.

Maxaa keenaa Shigshigada?

La ma yaqaan waxa keena shigshigada. Cilmi baariistu waxay tilmaamesaa in ay tahay dhaxal. Waxaa suurtagal ah in uu qofku ka dhaxlay reerkooda jiin sababaya dhibtan.

Waa maxay calaamadaha lagu yaqaan Shigshigida?

Shigshigidu waa ku soo celcelinta ereyada ama qeyb ereyga ka mid ah iyo dhawaaqa oo la jiidjiido. Dadka qaarkood, codku aad buu ugu dhag-dhagaa. In ay hadli-kari waayaan xitaa waa suurtagal. Dadka qaarkoodna ereyada qaarkood baa ka xirma. In ay hal erey ku celceliyaan baa suurtagal ah maadaama uusan ereygii kale afkooda ku hakaday.

Sidee shigshigada loo baaraa?

Aqoonyahan sharciyeysan oo soo bartay codadka afafka ayaa baadhitaan sameeyn-kara. Aqoonyahan-kani wuxuu eegidoona inta jeer iyo noocyada ay u kala baxaan hakadyada qofku uu dhalinayo.

Caruurta yaryar, dhageeysi, intixaano iyo wada-hadal baa lalayeeshaa si loo qiyaaso khatartu intay leegtahay: in uu sii shigshigidoono iyo in kale. Aqoonyahanku wuxuu eegi doonaa:

- Ilmaha reerkooda ma jira qof shigshiga ama soo shigshigijiray
- Ilmahu lix bilood am ka badan ma shigshigayey
- Hadii ay jiraan xanuuno kale oo saameeynaya codka
- Hadii uu ilmuhu ama waalidku walwal ka qabo hadalkiisa

Caruurta xogaa yar weyn, dhageeysi, intixaano iyo wada-hadal baa lalayeeshaa si loo qiyaaso saameeynta ay ku leedahay shigshigidu nolol maalmoodkooda.

Maxaa xal oo jira?

Xalka jiraa waa mid aad ku baranaysid xirfado gaar ah ama nuuxnuuxsi loogu talagalay in afka cod lagagakeeno.

Hadaad doonaysid in lagaa baaro caruurtiina shigshigada, fadlan waca Speech Language Pathologist.

Warbixintan waxaa laga soo qaatay: <http://www.asha.org/public/speech/disorders/stuttering/>

What is Stuttering?

Stuttering affects the fluency of speech. It begins during childhood and, in some cases, lasts throughout life. The disorder is characterized by disruptions in the production of speech sounds, also called "disfluencies."

Disfluencies are not necessarily a problem; however, they can impede communication when a person produces too many of them.

In most cases, stuttering has an impact on at least some daily activities. The specific activities that a person finds challenging to perform vary across individuals. For some people, communication difficulties only happen during specific activities, for example, talking on the telephone or talking before large groups. For most others, however, communication difficulties occur across a number of activities at home, school, or work.

What causes Stuttering?

The exact cause of stuttering is unknown. Recent studies suggest that genetics plays a role in the disorder. It is thought that many, if not most, individuals who stutter inherit traits that put them at risk to develop stuttering.

What are the signs and symptoms of Stuttering?

Stuttered speech often includes repetitions of words or parts of words, as well as prolongations of speech sounds. These disfluencies occur more often in persons who stutter than they do in the general population. Some people who stutter appear very tense or "out of breath" when talking. Speech may become completely stopped or blocked. Blocked is when the mouth is positioned to say a sound, sometimes for several seconds, with little or no sound forthcoming. After some effort, the person may complete the word. Interjections such as "um" or "like" can occur, as well, particularly when they contain repeated ("u- um- um") or prolonged ("uuuum") speech sounds or when they are used intentionally to delay the initiation of a word the speaker expects to "get stuck on."

How is Stuttering diagnosed?

Diagnosing stuttering requires the skills of a certified speech-language pathologist (SLP).

During an evaluation, an SLP will note the number and types of speech disfluencies a person produces in various situations.

For young children, an evaluation consists of a series of tests, observations, and interviews designed to estimate the child's risk for continuing to stutter. Although there is some

disagreement among SLPs about which risk factors are most important to consider, factors that are noted by many specialists include the following:

- a family history of stuttering
- stuttering that has continued for 6 months or longer
- presence of other speech or language disorders
- strong fears or concerns about stuttering on the part of the child or the family

For older children, an evaluation consists of tests, observations, and interviews that are designed to assess the overall severity of the disorder. In addition, the impact the disorder has on the person's ability to communicate and participate appropriately in daily activities is evaluated.

What treatments are available?

Most treatment programs for people who stutter are "behavioral." They are designed to teach the person specific skills or behaviors that lead to improved oral communication.

If you are interested in an evaluation for Stuttering for your child, please contact a local Speech Language Pathologist.

Adapted from <http://www.asha.org/public/speech/disorders/stuttering/>