WTNS Radio OSU Extension Update for October 14, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about stuttering in children, and as always look at some upcoming programs from OSU Extension.

Stuttering is a disruption of the flow of speech, a form of dysfluency. This may appear in a variety of ways. It could be with repeating sounds, syllables or words (W-W-What). Or it may show up as prolonged sounds (for example SSSend). Stuttering could involve using multiple interjections such as um, like, or ah. Sometimes it shows up as blocked speech; the child's mouth will open, but no words come out. Stuttering will often increase in children when they are tired, excited, or stressed. Other ways that stuttering can show up is being out of breath or nervous while talking. And a result of stuttering is that a child may be afraid to talk.

While often concerning to parents, stuttering is common and can be a normal part of speech development. Early signs of stuttering usually show up at 18-24 months of age as there is an increase in vocabulary which results in children putting together sentences. According to the National Institute on Deafness and other Communication Disorders, 5% to 10% of all children stutter at some point, usually between 2 and 6 years of age.

If there is a child in your life who stutters, is important to practice patience and extend grace. Here are some tips from John's Hopkins Medical Center:

- Try to provide a relaxed environment
- Encourage your child to talk about fun and easy topics
- Don't interrupt your child or tell them to start over
- Maintain eye contact with your child when they are speaking
- Don't tell them to think before they speak
- Don't tell them to slow down or take your time-these comments can make them self-conscious about their speech
- Don't finish their sentences for them, even if you anticipate what the end might be

Most of the time stuttering will go away on its own. However, if stuttering lasts more than six months, starts after ages 3 to 4, is impacting your child's life, or you notice other concerning symptoms, ask your pediatrician for a referral to a speech language pathologist for an evaluation.

And now let's see what else is new from OSU Extension. During the "Take Charge of Your Diabetes During the Holidays" program you will learn how to prepare favorite holiday foods that are both nutritious and delicious. The program will be Wednesday, November 6 from 5:30-7:30 PM at Coshocton Regional Medical Center. There is no cost for the program, but registration is required and is limited to 30 participants. Register by visiting coshocton.osu.edu or call OSU Extension for more details at 740-622-2265.

It is almost time for the drive it yourself Fall Foliage and Farm Tour on Saturday, October 19, and Sunday, October 20. This year's tour will highlight the north central section of Coshocton County and is organized by OSU Extension, Soil and Water Conservation District, and the USDA Farm Service Agency. Map pickup is at Coshocton County Fairgrounds on Saturday between 10:00 a.m. and 3:00 p.m. and Sunday, from 12:00 Noon until 3:00 p.m.

Also, we here at OSU Extension are funded cooperatively through local, state and federal tax dollars. Forty percent of our funding comes through state and federal funds and 60% of the funding for our staff and programming is through a local tax levy. This levy first passed in 2010 and has been renewed twice. This levy is on the ballot for renewal in this fall's election. It is not a new tax. It costs the owner of a $100,000 property less than $1 per month.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!