



THE STUTTERING FOUNDATION

A Nonprofit Organization

SUMMER 2019

Since 1947... Helping Those Who Stutter



SAME MISSION, **NEW WEBSITE**

THE STUTTERING FOUNDATION
STREAMS INTO THE 21ST CENTURY



A woman with dark hair tied back, wearing glasses and a dark blue shirt with white polka dots, is shown in profile from the back, looking towards the right. The background is a soft-focus indoor setting.

WITH NEARLY *ONE HUNDRED MILLION* VISITORS EACH YEAR

and inquiries from more than 137 countries around the world, the Stuttering Foundation's website has become the leading global resource for people who stutter, therapists, teachers, and parents.

"It was time to bring our website into the 21st century," said Jane Fraser, president of the Stuttering Foundation. "Distribution of information has always been one factor that differentiates us from others, ever since our inception in 1947."

"Scrolling down from the top, our branding is bright and bold. You know you're on our website, and you know what it's about as soon as you get here."

The most popular areas of interest are listed on the navigation bar at the top: find important resources quickly; request free information; look for help in different languages. We've also included a quick link to our new Spanish site for those who prefer their information in Spanish.

Connect via social media. We've made a point to have all of our social channels easily accessible. You can find us on Facebook, Twitter, YouTube, Instagram, and Pinterest and we keep each of these channels up to date with the most current and relevant information.

Our streaming video library has 54 films for use on an unlimited basis. In addition, we have online continuing education courses that are ASHA-approved for Speech Language Pathologists who need to keep their accreditation current. There is also an all new section, Virtual Learning with Stuttering Foundation. Here, you can find an online series of interactive workshops for clinical training and parent education, as well as a place where people who stutter – of all ages – share their stories.

“Whether you’re a parent looking for information about your child, a teenager or adult looking for info for yourself, or a teacher or doctor seeking the latest techniques, we have great sections just for you,” added Fraser.

One of the most visited sections on our website has always been the famous people who stutter—we’ve made it easier to find.

Finally, a search bar can be found at the very bottom of the homepage, which is the easiest way to find information on a certain topic like stuttering and ADHD, National Stuttering Awareness Week, or cluttering.

“Creating our new site was an exciting venture. Please tell us what you think by emailing info@v”

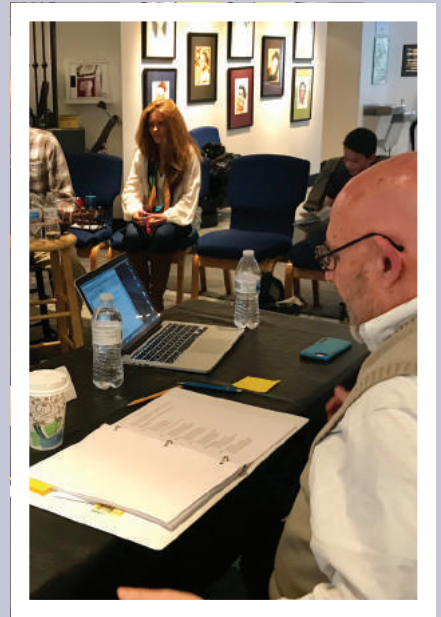
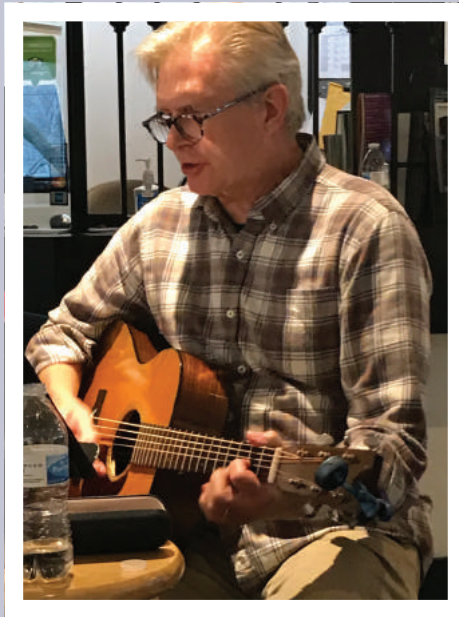


“Distribution of information has always been one factor that differentiates us from others, ever since our inception in 1947.”

Jane Fraser
SFA President

SAME MISSION, **NEW WEBSITE**

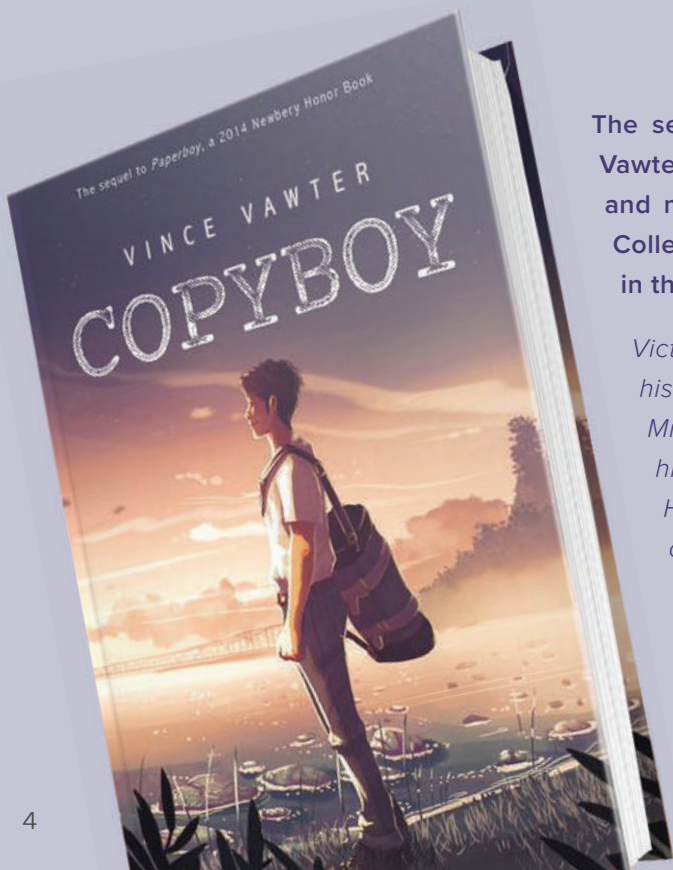
THE STUTTERING FOUNDATION STREAMS INTO THE 21ST CENTURY



An Update from Author Vince Vawter

The Asheville (NC) Community Theatre hosted a "table reading" on two days in March of **PAPERBOY, A NEW MUSICAL**, based on Vince Vawter's novel of a boy growing up with a stutter in 1950s Memphis. Jim Wann, a composer and lyricist, performed 26 original songs he has written for the musical while a troupe of 10 actors read the dialogue.

Wann is best known for creating and starring in **PUMP BOYS AND DINETTES**, a Broadway musical nominated for a Tony Award. Vawter and Wann, who are looking to get the musical produced, sought input from a group of directors and writers who attended the reading.



The sequel to the Newbery Honor-winning novel *Paperboy*, Vince Vawter's *Copyboy* is a Fall 2018 Junior Library Guild selection and more recently the Children's Book Committee at Bank Street College's selection for one of the Best Children's Books of the Year in the "Coming of Age" category.

Victor Vollmer isn't a paperboy anymore. He's a copyboy now, but his duties at the newspaper get interrupted by a last request from Mr. Spiro, the old man who became Victor's mentor and helped him take on his stutter in the beloved novel Paperboy, a Newbery Honor Book. Victor takes off on a journey that sends him hundreds of miles from home—toward the teeth of a gathering storm. Confronted by an unfamiliar and threatening world, he meets a girl who is strong, smart, and bold like no one he's known before, and together they venture to the place where river meets sea. When they wind up racing to evade a hurricane, Victor finds out what the fates have in store for him.



Here's what some of our more than **269,000 friends** are talking about in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



When you meet someone for the first time, do you tell them you stutter? 253 Votes



Justin: I don't tell them, my stutter tells them for me.



Lyn: There is no reason to. They will figure it out. It just isn't that important. It's like telling someone in advance I've got green eyes. They'll notice soon enough or they won't. Either way I've still got everything I came with.



Amanda: I feel like it can make me look nervous or unprepared professionally, so i will say something if it's being really persistent.



Christopher: No because if they're a worthwhile person to get to know, I want to see how they first react to my stutter.



Jennifer: I do tell people because it takes the pressure off me and makes things less awkward when I do stutter. They know what is happening instead of wondering what is wrong with me. Being vulnerable like that almost always helps. I can only think of one time self disclosing was uncomfortable (but he was a jerk anyways, so it didn't matter what I said).



Matthew: No, it doesn't define me.



Madeline: I tell people if I am having a particularly difficult time (for example, saying my own name). People don't usually recognize it for what it is.



Candace: As a teacher, on the first day of class, I always request that my students "not laugh too much when it happens"



Rashid: If it's pretty bad and it's the only way they'll understand. Not usually though. It feels like I'm just making an excuse.



Lovdeep: I tell them during job interviews.



Stuttering Foundation



At Idaho State University, Dan Hudock, associate professor of Speech Language Pathology partnered with the ISU Department of Theatre to teach students the mechanisms and emotions behind a stutter for their upcoming production of "Three Days of Rain."



Pamela: Why weren't people who actually stutter cast in the production, instead of teaching fluent people how to stutter?



Travis: Teaching people to stutter, that's a new one. I bet that was interesting. I wonder if people who stutter wanted to be in the show.



Dan Hudock: Pamela, the play is being put on by the ISU Theatre Department and I'm not sure if there are currently students who stutter majoring in that here. I'm sure if there are they had the opportunity to audition just like everyone else, but why would stuttering be a requisite to play this part. I commend them for reaching out to me in hopes of better understanding our experience as PWS and wanting to give a more authentic portrayal. It's been a great experience spending several hours with them talking about the experiences and nuanced details of stuttering.



Gail: My stuttering held me back from going into theater.



Dan Hudock: Gail, I'm sorry to hear it held you back, it's not too late to do some acting!

**some comments have been edited for content, length, and/or grammar; profile photos have been changed.*



CHILDREN'S EXPRESSIVE LANGUAGE GROWTH

MAY SIGNAL BETTER POTENTIAL FOR RECOVERY FROM EARLY STUTTERING

by Dr. K.A. Leech, University of North Carolina, Chapel Hill



Since approximately 80% of children diagnosed with stuttering appear to recover relatively soon after onset, one of the biggest challenges in stuttering research is to predict which children will go on to have persistent fluency problems, and which will spontaneously recover within a few years.

In previous research, particularly work done at Purdue by Christine Weber and colleagues, language and related abilities (e.g., phonological awareness, brain responses to language stimuli) have been shown to differentiate children who stutter (CWS) from children who do not stutter. However, many of these findings do not rely upon commonly obtained clinical data and typically use information taken only from the child's first visit for diagnosis and recommendations.

In this study, we examined whether growth in productive language performance may better predict the probability of recovery compared to static profiles taken from a single time point. To carry out the work, the team at Purdue University (Christine Weber and colleague Barbara Brown) combined forces with Kathryn Leech, a specialist in growth modeling of language data, and Nan Bernstein Ratner, a fluency researcher with expertise in computational analysis of child language samples, at the University of Maryland.



"...CHILD LANGUAGE IS HIGHLY
INFLUENCED BY PARENTAL
INPUT LANGUAGE..."

The team collected language samples during typical adult-child play at three points over three years and modeled productive syntax and vocabulary diversity growth rates for 50 Children who Stutter (CWS), and 24 typically fluent peers. Logistic regression models were then used to determine whether growth rates uniquely predict likelihood of recovery, as well as if these rates were predictive over and above currently identified correlates of stuttering onset and recovery.

The researchers found that different linguistic profiles emerged between children who went on to recover versus those who persisted. Children who had steeper productive syntactic growth, e.g., longer, more complex language over the three years of the study, were more likely to recover. This effect held after controlling for initial language ability at study onset as well as demographic covariates. Despite a published response to the Editor of JSLHR that such results could not be interpreted without knowing the children's family history or treatment experience, a follow-up (in press) adding these variables to a re-analysis actually strengthened the study findings.

Because child language growth is highly influenced by parental input language, recommendations to parents might reconsider advice that parents shorten and simplify language models to children who stutter. The need for additional research on language in early stuttering and recovery is suggested, especially if unconventional therapy components, such as language enrichment, have the potential to improve recovery rates in children who stutter.

References

Leech, K. A., Bernstein Ratner, N., Brown, B., & Weber, C. M. (2017). Preliminary evidence that growth in productive language differentiates childhood stuttering persistence and recovery. Journal of Speech, Language, and Hearing Research, 60(11), 3097-3109.

Leech, K.A., Bernstein Ratner, N., Brown, B. & Weber, C. M. (2019, in press) Language growth predicts stuttering persistence over and above family history and treatment experience: Response to Bothe, JSLHR-S-18-0318, in press



Stuttering Foundation VIRTUAL LEARNING

It is with great excitement that we announce a new, collaborative online learning series launching this Spring. Virtual Learning by the Stuttering Foundation will be an online series of interactive workshops designed to make increasing your clinical competence and overall understanding of stuttering even more accessible.

The series will feature monthly offerings ranging from clinical training opportunities, to parent education, to a platform for people who stutter of all ages to share their stories. Sessions will be moderated by many of the world's leading clinicians, researchers, and self-help advocates—bringing learning and collaboration to you.

The SFA is committed to continuing to cultivate the highest caliber specialty training and increasing its reach among clinicians, parents, and individuals who stutter across the world. We hope you are as excited as we are! Watch for updates on workshop offerings through upcoming newsletters and on social media.



THE ANNUAL AUDIT

2018 STUTTERING FOUNDATION FINANCIAL REPORTS

The annual audit of the Stuttering Foundation financial reports for 2018 will not be completed as of press time. It is being performed by the accounting firm of Alexander Thompson Arnold, PLLC of Memphis, Tennessee.

Following is a recap of funds and expenditures for the year. The 3.6% of expenditures for administration and general expenses and the 0.7% for fundraising are very low, and since we are fortunate to have an endowment which more than covers our overhead expenses, donors can be assured that their gifts will go directly to support our program services.

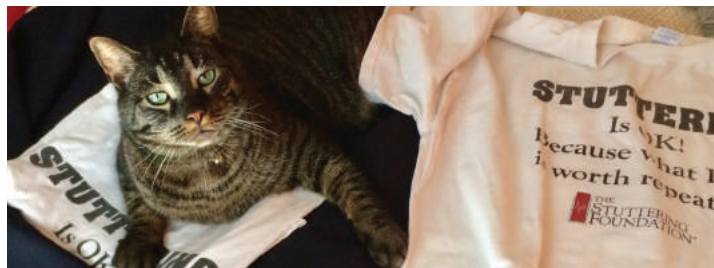
The Stuttering Foundation is a 501(c)(3) operating foundation which expends its funds on its own programs and operations and does not make grants to other institutions.

FUNDS EXPENDED FOR:

Creation, production, printing and distribution of educational materials.....	\$709,013...	31.9%
Public information and education.....	\$810,314...	36.5%
Research, treatment programs, and symposia.....	\$498,281...	22.4%
Maintenance of website and toll-free information hotline.....	\$109,082...	4.9%
TOTAL FOR PROGRAM SERVICES.....	\$2,126,690...	95.7%

OTHER EXPENDITURES:

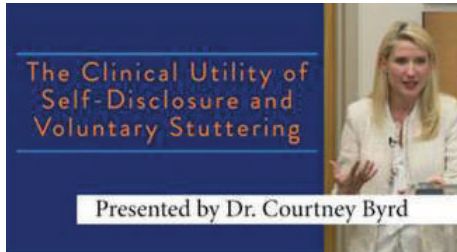
Administration and general.....	\$78,984...	3.6%
Fund-raising expense.....	\$16,405...	0.7%
TOTAL EXPENDITURES.....	\$2,222,079...	100%



Charlie Osborne is a marvelous teacher, therapist, and friend of the Stuttering Foundation. This year, his cat Leo helped him pack for the convention! We think Leo has great taste! To order your own Stuttering Foundation t-shirt, please visit our website or call 800-992-9392.

Earn ASHA CEUs Anytime Online

The Stuttering Foundation, a charitable organization dedicated to stuttering research and training programs since 1947, offers continuing education courses for ASHA CEUs online. These courses, developed and led by world renowned experts in the field of stuttering, are offered at low cost to speech-language pathologists (SLPs) worldwide.



NEW: The Clinical Utility of Self-Disclosure and Voluntary Stuttering

Presented by Courtney Byrd, Ph.D., CCC-SLP
The University of Texas at Austin

Whether it's weight loss, quitting smoking, or changing the way you stutter, successful behavior change is always a challenge! Letting others know you stutter and stuttering on purpose have been important tools for people who stutter for many years. This powerful 90-minute film by Dr. Courtney Byrd describes how to do this effectively. **Please visit www.StutteringCEUs.org for more information.**



NEW: Achieving Successful Behavior Change: Introducing a Systematic Method to Change Behavior

Presented by Carmen LeFevre, Ph.D.
Centre for Behavior Change, University College, London

A key component of stuttering therapy is changing the behaviors that result in disfluency. In this one-hour presentation, Dr. LeFevre introduces the principles and the science of behavior change and relates it to therapy for stuttering. **Please visit www.StutteringCEUs.org for more information.**

My Best Advice TIPS FROM DAN PAPPAS

Dear Stuttering Foundation,

Life can be viewed as the source material by which we paint a picture of ourselves. I'm always looking for ways to better express my thoughts and feelings. What I say and do makes a difference in the world.

Along with my self-therapy toolkit, I also carry a bag of "Life 101" skills and lessons learned. Both are important.

Sincerely, *Dan Pappas*

Dan Pappas first wrote to the Stuttering Foundation seeking information in the early 1980s; he has been a friend of the Foundation since then. He worked for 40 years as a contractor librarian at the NASA/Ames Research Center in Moffett Field, California. Happily single, Dan enjoys bicycle riding, reading, traveling, and contributing to SFA Magazine!



What's your best advice? Send your best tip to advice@stutteringhelp.org and we might feature you in our magazine!

THE STUTTERING FOUNDATION REMEMBERS
MARK WHITNEY ALLEN, PH.D.



Mark Whitney Allen Ph.D. CCC-SLP died March 27, 2018. Mark was born on June 19, 1963, in Connecticut. He is survived by his parents, four siblings, and his three children, as well as many friends.

Mark had nearly 30 years of experience working with people who stutter. He was on the Special Education Faculty at Niles North High School in Skokie, Illinois for 25 years. He additionally had a successful private practice where he was the Director of the Center for Stuttering Therapy and owner of *Speak Freely Publications* in Evanston, Illinois. He had a passion supporting individuals living with stuttering.

Mark was among the initial cadre of speech-language pathologists to be recognized as a fluency specialist by ASHA's Special Commission on Fluency Disorders. He was also a member of ASHA's Special Interest Group 4, Fluency and Fluency Disorders, and has presented at numerous local and national professional workshops on stuttering treatment. He was part of the "Voices Past and Present: Paths Toward Recovery from Stuttering" panel at the 2011 American Speech-Language and Hearing Association convention in San Diego, California.

Dr. Allen graciously donated his *Speak Freely* materials to the Stuttering Foundation in the hope that they will make a difference in the lives of those who stutter. This free kit includes a student workbook, therapist handbook, two DVDs, and other useful materials. Contact us at info@StutteringHelp.org for more information.



@stutteringfdn

SFA on INSTAGRAM

#stutteringfoundation



caroslyshstutter
Paris, France

Follow

caroslyshstutter SELF BELIEF: why is it the key to unleashing your voice?

1. BELIEVE you are worth more than the life your stutter has moulded for you
2. BELIEVE there is nothing wrong with needing help, support and guidance.
3. BELIEVE that any failure is a lesson. You will get to where you want with hard work, discipline and turning motivation into habit.
4. BELIEVE that there is nothing wrong with feeling emotion from the trauma of having a stutter: tissues and lots of cups of tea!
5. BELIEVE that you are worth carefully selecting those around you. You deserve the support you need!
6. BELIEVE that you have the assertive right to work on your speech, to tell people about it, and to do contacts in your day to day life to improve your speech
7. BELIEVE that the person you were yesterday does not need to be the person you are tomorrow!
8. BELIEVE your speech is not your whole life. Gain self confidence by enjoying what you excel in.
9. BELIEVE that self love also comes from allowing people to love you.
10. BELIEVE that challenging yourself will build your confidence and the self love you have!



175 likes



Be sure to tag us in your Instagram posts, we'd love to feature you in our next issue! #stutteringfoundation



DEAR SFA:

KIDS' LETTERS TO THE STUTTERING FOUNDATION

throat monster



THROAT MONSTER

My name is Darius. I am 12 years old in the 6th grade. I have a stutter. My stutter feels like a throat monster. It constantly stops me from speaking fluently. It stops my voice box and then moves out of the way so I can speak. Sometimes, before I speak, it covers my voice box so then I sit there looking like a fool. But I have a wonderful speech therapist and she helps me with strategies to help block off the voice monster.

Darius, 12, from Milwaukee, WI

Hello,

my name is Areyci. I'm 9 years old and I stutter. I really do not like when I stutter. When I started talking, I was stuttering. There I have a teacher who helps me to not stutter a lot. I love soccer. That's why in gym I am the captain all the time.

Areyci, 9, from Chicago, IL

We LOVE to read your stories, advice, and strategies!

Please mail letters, *original* color artwork* and/or photos to:
The Stuttering Foundation
P.O. Box 11749,
Memphis, TN
38111-0749

Letters and high resolution photo files can be emailed to info@stutteringhelp.org

*We attempt to respond to each child personally; please be sure to include adult SLP or parent contact information. *Please mail all original artwork submissions. Photocopies, scans and faxes of artwork cannot be accepted. Photos can be mailed, digital photos can be sent via email.*

STUTTERING SUPERHERO!

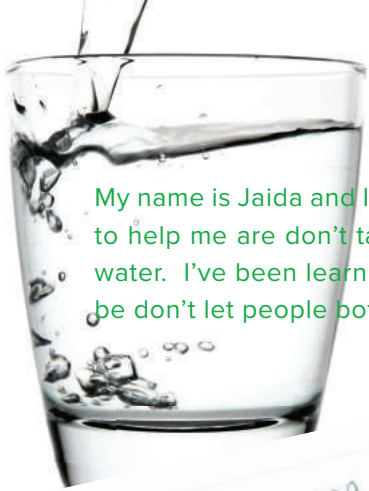
Stuttering Superhero!

Hi, my name is Issie! I'm someone who stutters. I know others stutter as well, but I want to let others know that it's okay to stutter. OK, let me give some advice. If someone makes fun of you, just smile and walk away. Or, you could tell them to stop. You should be proud of who you are. Now, I will tell you a little bit more about myself. I'm 8 years old, my little sister's name is Luna, and I have a cat named Obi. My parents, my 2-year-old sister and I love to hike and travel. In fact, we've traveled to 6 states! OK, back to my stuttering problem. I use many techniques to help me. I use phrasing to chunk up my words and I use a piece of string to help me slow down. And remember, IT'S OKAY!

P.S. To make people listen to you when you want to talk about stuttering, you have to give them lots of candy!!

Isabella, 8, from Baton Rouge, LA





My name is Jaida and I am 9 years old. I like to play soccer and basketball. When I stutter, I feel shy. Two ways to help me are don't talk over me and don't say 'hurry up!' When I stutter, I take a break and go get a sip of water. I've been learning some strategies in speech class like cancellation and easy onset. My advice would be don't let people bother you because they might stutter, too.

Jaida, 9, from Garland, TX



Hi, my name is Anabel I'm 11 years old I'm in 5th grade and I love to play and I go to maplewood elementary and I stutter. when I stutter I get nervous and I keep talking. my favorite strategy is easy onset. do you stutter? If you do what do you use to help?

Anabel, 11, from Greeley, CO

Keep On Talking

My name is Sabastian. I started stuttering when I was 6 years old. I like to play Fortnite with my dad and Apex Legends. I also like to build wooden things at my grandpa's house. It made me sad because people were picking on me. When I stuttered, I felt bad because I was different from everyone else. Now when I use my speech strategies, I feel confident and happy to say what's on my mind. Some strategies that help me are taking deep breaths and restarting the sentence again. I also use easy beginnings to get started on a word. My advice is to just relax and keep on talking. You should always say what you want to say in class and at home. What you have to say is important!

Sabastian, 10, from Casper, WY

I Deal With It

Hi, my name is Smyley and I am 9 years old. My stuttering is really getting to my nerves but I deal with it. My speech teacher is Ms. M. She teaches me a lot. When I stutter, I stop and take a breath. My speech teacher helps me to talk better.



Smyley, 9, Keansburg, NJ

SMOOTH SLIDING

My name is Adam. I am 8 years old. I'm in the 2nd grade and I live in San Francisco, CA. I like to play with my dog, Max. I like playing with him because he is kind. He listens to me even when I stutter. He understands me. To make my speech more smooth, I use an image of a slide in my mind. I slide into my first word of a sentence very slowly. This helps my speech to be more smooth.

Adam, 8, from San Francisco, CA



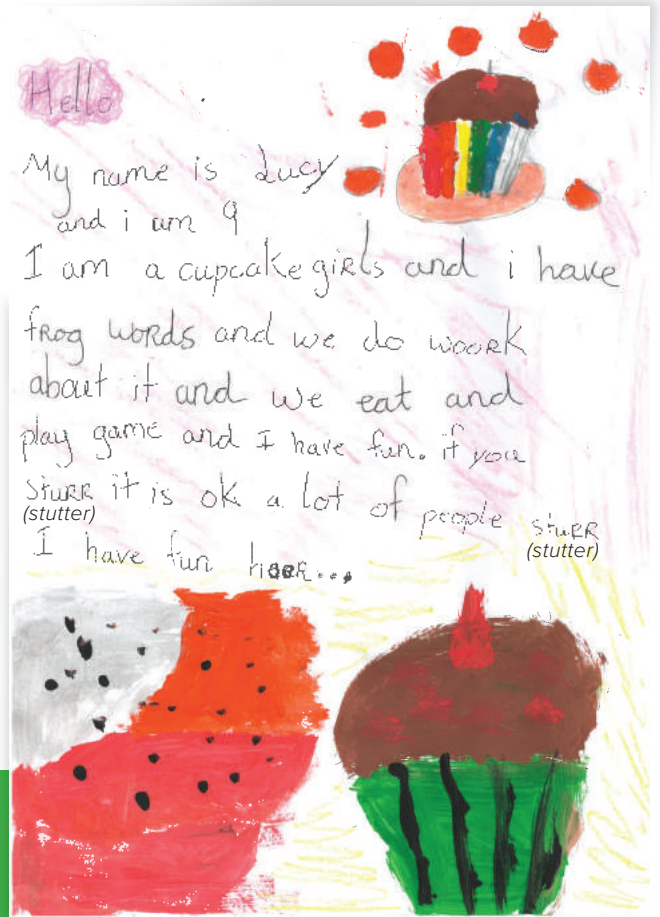


Don't Get Nervous About Stuttering

Hello, my name is Angel. I started speech therapy in second grade. I use my strategies at school and at home. I stutter when I am nervous and when I talk too fast but I stutter most when I am mad. My advice to others is to not get nervous about stuttering.

Angel, 9, from Mesa, AZ

Lucy, 9, from Wexford, Ireland



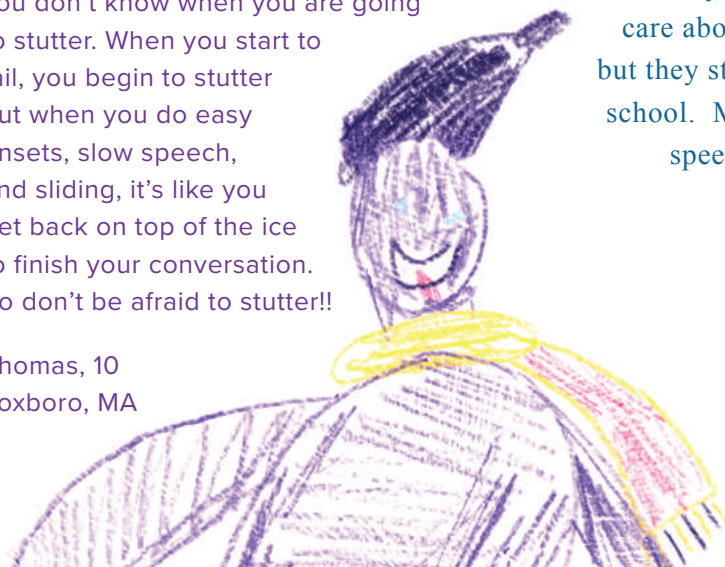
My name is LUKA and I am 10 years old. I like to play sports and Fortnite. I have been playing Fortnite since season 1 (the very beginning of the game) and I have a very rare skin called "Renegade Raider". I stutter sometimes. I talk on exhalation and use cancellations to help me a lot with my stutter. Just because I stutter doesn't mean I am not smart. I am very smart. I am good at math and other subjects. I enjoyed reading about other kids who stutter in the magazine.

LUKA, 4th GRADE, FROM MUNSTER, IN



DON'T BE AFRAID TO STUTTER! Stuttering is like the game "Don't Break the Ice." During a conversation it's like you're on ice and if you fall you're going to stutter. It's like when you walk on ice, you don't know if you are going to fall, like you don't know when you are going to stutter. When you start to fail, you begin to stutter but when you do easy onsets, slow speech, and sliding, it's like you get back on top of the ice to finish your conversation. So don't be afraid to stutter!!

Thomas, 10
Foxboro, MA



My name is Darius and I have been stuttering since I was in first grade. I am 10 years old. Right now I am in fourth grade. I see a speech therapist. The best strategies that help me are pausing, stretching and easy onsets. Stuttering is where you get stuck on what you're trying to say. I do not care about my stuttering. Some people do make fun of me but they stopped teasing me. I always stutter at home and at school. Mostly at home. My brother has problems with his speech but not the same as I do. It is alright to stutter!

Darius, 10, Crandon, WI

drawing caption: When I go as fast as a race car I start to stutter, so I have to use slowed speech and pausing.



My LITTLE Problem

Having a stutter in my opinion is plain irritating. I named mine Stewart. Stewart tends to make me say my S-sounds longer than necessary. He also does the classic, saying a syllable twice. When I stutter, it doesn't stress me out! All it does is bug me because all these stories, jokes, and much more are just cooped up in my brain. My speech teacher and I have been trying to train Stewart by using different strategies. For example, starting a sentence over and trying again, also known as cancellation. Don't get me wrong, I don't see my stutter as a bad thing. I just view it as a little problem like a paper cut that I just have to deal with. I never let it hold me back since I do drama club which requires a lot of talking! Lately, when I stutter, I have been using my strategies to almost prevent my little problem.

Mackenzie, 11, from Bolton, MA

UPS and DOWNS



My name is Jaxon and I'm 13 years old. I do taekwondo and I like collecting Pokémon cards. My favorite hobby is Nerf guns.

Since I was 5, I've stuttered a lot. I went to a speech therapist who helped me with my stuttering and it worked. Even though sometimes it gets worse again, it will get better again, too. I just need to practice my strategies.

Jaxon, 13, from Ashby, MN

Stuttering is Perfectly OK

My name is Ari and I am 8 years old. I started stuttering when I was in preschool. I like Roblox and Transformers. In speech, I learned that stuttering is perfectly OK and I'm not the only person who stutters in the world. My speech teacher helped me make a presentation to teach the kids in my class about stuttering. It was good for them to know that stuttering is OK and it's just the way people talk sometimes. If you stutter, you should know that you are not the only one and you are smart.

Ari, 8, from San Diego, CA



Don't Be Shy

Hi, my name is Jayden. I am nine years old and I live in Arizona. I have been stuttering since second grade. I use easy starts at my house and in school. I get shy sometimes when I ask my teacher questions in class. I feel okay about stuttering because when I go to speech therapy I have friends that stutter, too. Some advice I would give to other people who stutter is to not be shy when you stutter because there are more people in the world who stutter, too.

Jayden, 9, from Mesa, AZ

Hello, my name is Fernando.

I am 16 years old and I am a person that stutters. My experience with stuttering has been like a roller coaster ride. I have days, months, weeks, where my stuttering is not bad at all, but out of nowhere it just starts getting all bumpy. In class, my stuttering was not always the greatest but I've managed to control it. One factor that helps with this: overcoming your fear, go up against it. Fear is the number one factor in about anyone's problems. If you learned to overcome that fear, then you will feel better in the long run and just get better overall. Final thing, just be yourself guys. Don't try to be someone you are not.

I'd like to give parents, friends, family members, and teachers advice on what to do when they know someone that stutters. When they are stuttering please, I repeat, please don't finish the sentence for them if they are stuttering. That may hurt a person's feelings. Also, do not tell them to calm down if they are having a rough time talking. In fact, that might make them feel self conscious. Just listen to what they have to say, we also have feelings. Do not make a person feel inane because of the way they are talking. We need more people to be educated on stuttering and how to help out.

Fernando, 16, from Pittsburg, CA



You Are Not the Only One

I don't mind my stuttering that much. One thing I don't like about stuttering is that people copy me because it's rude and they might stutter just like I do. I think I stutter because I copied someone in my old daycare.

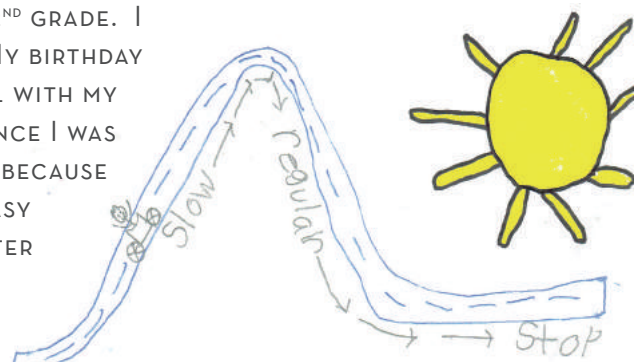
My stuttering is made up of repetitions and blocks. Repetitions are where you say the word repeatedly. Example: "How-how-how are you?" Blocks are when you can't get the word or words out. Things that help me are light contact and easy starts. Light contact is where you touch your lips, teeth, and tongue together very lightly when speaking. Easy starts are where you stretch out the first sound or sounds in the sentence slowly and easily. Example: "Aaaapples are my favorite!" My advice for other kids who stutter is to find a speech therapist and work on fluency strategies. Remember, other kids can't stop you from being in a conversation. You are not the only one who stutters. Don't be afraid to speak.

Macy, 9, from Yukon, OK

NEVER GIVE UP

Hi, my name is Jessie. I am 8 years old and I am in the 2nd grade. I go to Horton Elementary in San Diego, California. My birthday is on September 16th. On my birthday, I played baseball with my cousins and I made a homer! I have been stuttering since I was 4 years old. Stuttering does not bother me anymore because I have done it for a long time. When I stutter, I use easy starts and that works for me. Keep trying to get better at speaking smoothly and never give up.

Jessie, 8, San Diego, CA



STUTTERING

BY AUGUSTO

PLAYING TAG WITH MY FRIEND

KAI AT THE PARK.

HE SAID, "WHY ARE

YOU NOT TALKING?"

I TALKED AS SLOW AS A SLOTH.

I FELT AS

QUIET AS

A WOLF.

HE SAID, "I DON'T

LIKE IT WHEN YOU STUTTER."

I FELT AS MAD AS A

TIGER.

SO I JUST LEFT.

I TOLD MY MOM,

I WAS FEELING A LITTLE SAD.

MY MOM TOOK ME

TO THE SPEECH THERAPIST.

HER NAME WAS JESSICA,

WE GOT

TO KNOW EACH OTHER

WE PLAYED JENGA,

SHE ASKED

ME QUESTIONS ABOUT MY

STUTTERING.

IT WAS FUN.

SUDDENLY,

I FELT MORE CONFIDENT!

MY STUTTERING,

A LITTLE BETTER.

I WAS AS HAPPY AS A DODO.

AUGUSTO, 9

ROCKVILLE, MD

Hi, my name is Austin and I stutter.

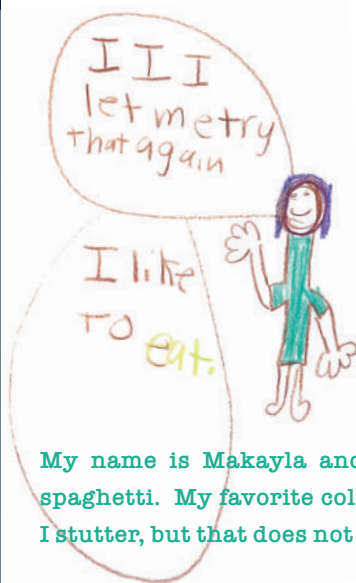
I am a senior in Torrance, California. One of my hobbies is playing video games. Some of my favorite games are Fortnite and Pokemon. I've been gaming since elementary school.

My friends think I'm a really nice guy. I like to chat over the phone because my speech is easier than when I'm talking in person. Maybe using the phone is easier because it keeps me more relaxed. Also, taking a break and watching some TV helps me relax and reduce my stress. This helps me clear my mind.

There are days when my speech will be fluent with no stutters at all. But there are some days when it is bad. I have many strategies that I have learned. When I experience a moment of stuttering, like a block or a repetition, one thing that works for me is continuing my message until I overcome it. When I stutter, sometimes I feel all the stress in my mouth.

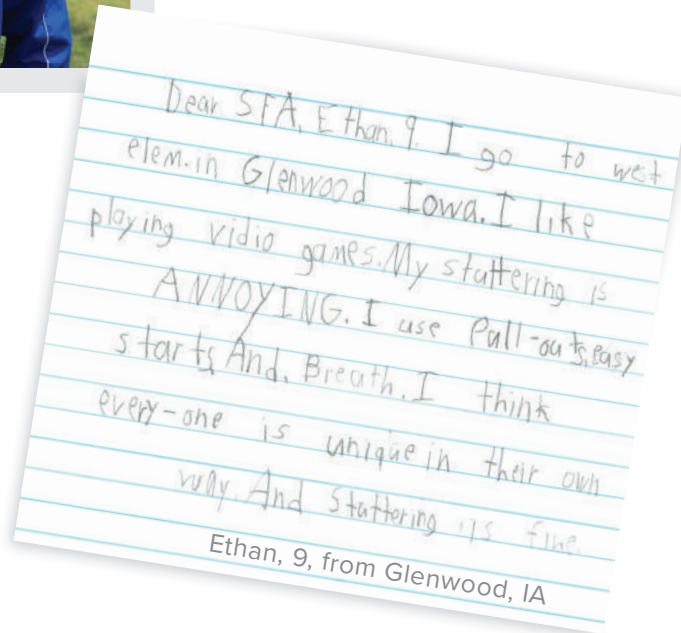
To help me reduce this stress, I would think over what I'm saying before I say it. Next I would try to say the word. Also, when I do stutter I will try to slow down when I'm talking because normally I talk really fast.

Austin, 18
Torrance, CA

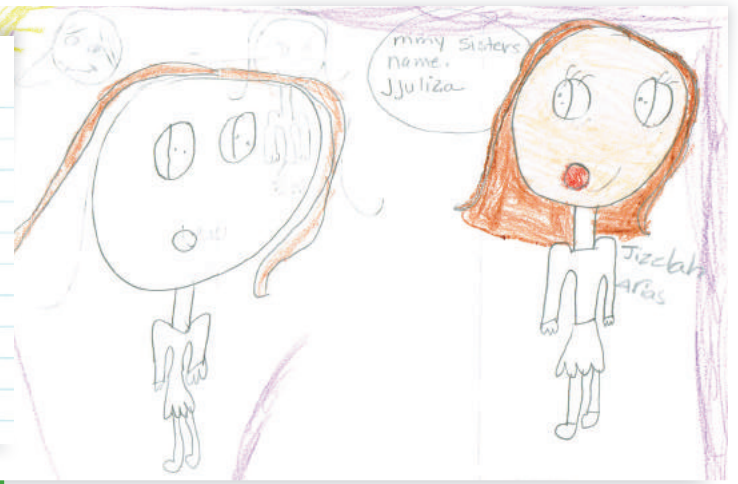


My name is Makayla and I am 8 years old. I like to eat popcorn and spaghetti. My favorite color is purple and I like to play softball and karate. I stutter, but that does not mean that I am afraid to talk. I am still beautiful.

Makayla, 2nd Grade, from Munster, IN



Hello my name is Ethan. I am 10 years old. I love playing soccer. I started stuttering when I was in kindergarten. When I started stuttering my speech teacher helped me to not stutter over the years. I got better and now I barely stutter at all. The thing that helps me not stutter is easy speech. I stutter when I talk but I don't stutter when I read or sing.



Hi, my name is Jordan. I'm from Michigan and I stutter. Some people bully me because of it and these are some tips to not get mad. Do not listen to the person that's about to get you mad. Just walk away and relax yourself or go to the corner and just count to ten. Sometimes I just write in my notebook. I don't think people should be judged about their stuttering, it's just not right and people who stutter are good hearted inside. I go to Academy of Warren. I like to play Fortnite with some of my friends. I like to watch YouTube. I tell some people who stutter just don't get mad, walk away. My friend, Percy, stutters too. The advice from me if someone talks about you, tell the teacher or count.

Jordan, 10, from Warren, MI

My name is Jizelah. I am 6 years old and in 1st grade. I go to speech to learn to slow down. In class, I don't like to talk because I get stuck on my words. I love my family and I love pancakes.

Jizelah, 6, from Hollister, CA

Hello, my name is Kaleo,

which is Hawaiian for "voice" and "sound". It's pretty ironic that I have a stutter. I am a junior in high school in California. One of my extracurricular activities is Boy Scouts. I have been in Scouts for my entire life, starting as a Tiger in Cub Scouts. I am currently working towards achieving Eagle Scout rank. The scouting program has taught me how to be a more effective communicator, leader and role model, even with a stutter. I use my skills both in troop meetings as well as when leading younger scouts.

When I think about my stuttering, I've realized how some of my speech strategies are working. I studied my own blocks (tense pauses in my speech) and how they affect a lot of my body, not just my mouth. Certain sounds affect my tongue, throat, lungs, shoulders and neck. People sometimes think that stuttering can be generalized into solutions of types. Different speech strategies work for different people. I've used easy onsets and slower speech. I also try to see how my body reacts in my moments of stuttering (i.e. the way my tongue and throat tense up, my neck/head freezes, or squeezing my whole body). One strategy I use is relaxing my entire body and mind on the spot. I also use relaxation strategies to prepare myself for upcoming situations, consciously and unconsciously.

Sometimes instead of talking, I express myself with music. Music helps me to express myself more effectively. Using pacing and tempo strategy helps me to keep my communication flowing and express my words more smoothly. My love of music led me to the school band. I have been in the school band throughout my life, including both middle and high school. Most of my close friends are in the band, too. I like when they let me finish my thoughts and do not interrupt my speech when we are talking. We like to joke around often. One of my strengths is making others smile and be happy, through jokes.

Kaleo Kawamura, 11th grade, Torrance, CA





My name is Bentley and I'm 7 years old. I've been working on my strategies for three and a half years. I love basketball! It's my favorite sport. I practice mostly every day. My team plays in Concord, NH. It doesn't matter that I stutter and it doesn't stop my day.

Bentley, 7, from Hillsboro, NH

YOU'RE PERFECT



Hi I'm Milan and I'm in 4th grade. I like to play Fortnite when I'm home. I also like playing with my friends. I've been stuttering since I was about 2 years old. I go to speech every Monday of almost every week. My speech teacher is super nice and always is teaching me ways to help my stuttering. We have this strategy called chunking. It's pretty much where you put commas in your speech. My school teacher is also trying to help with my stuttering. We have a signal that tells me when to slow down when I talk too fast. My dad was also in speech when he was little, so he also helps me with my stuttering. When I stutter around friends and family it makes me feel like I have butterflies in my stomach. But usually they don't notice it so I'm fine most of the time. Stuttering may be hard to stop, but remember that it's not a bad thing. It's a process of learning so don't feel ashamed when you stutter. You're perfect the way you are.

Milan, 9, from Macomb, MI



Don't Be Nervous

Hi, my name is Jovanii and I am 8 years old. I started stuttering when I was in first grade. I stutter most when I talk to my mom at home.

I don't mind that I stutter anymore because I have older friends that stutter in my speech class. I have learned lots of strategies to use when I stutter from my friends that I made in speech and from my mom. One of the strategies I use is to stop and think about what I want to say before I say it.

Jovanii, 8, from Mesa, AZ

Music is Magic!

My name is Viola. I am 10 years old and I live in San Diego, California. I have been stuttering since Kindergarten. Now that I'm in 5th grade, I have learned not to let my stuttering get in the way at my school. Some of my hobbies are art, playing on my iPad, and playing with my bunny, Bunbun.

With my music therapist, I wrote words to a song. This is my song and it's sung to the tune of Katy Perry's "Roar":

You're Gonna Hear Me Talk

By Viola

I used to stutter and get nervous
 I was afraid of not being my best
 So I kept trying, when it was tiring
 I guess that I forgot I had a choice
 To use my tools to help me use my voice
 I could use stretchy speech,
 it's always within reach
 It was always there, but I didn't give up
 I'd stop and take a breath
 You hear my voice, you hear that sound
 I pushed the refresh button I found
 You held me down but I got up
 Get ready cuz I've had enough
 I say it all, I say it now...

I've got the mouth of a talker, a fighter
 Dancing through the fire
 Cuz I never give up
 And you're gonna hear me talk
 Louder, louder than a lion
 Cuz I am a champion
 And you're gonna hear me talk
 Talk, talk, talk, talk....

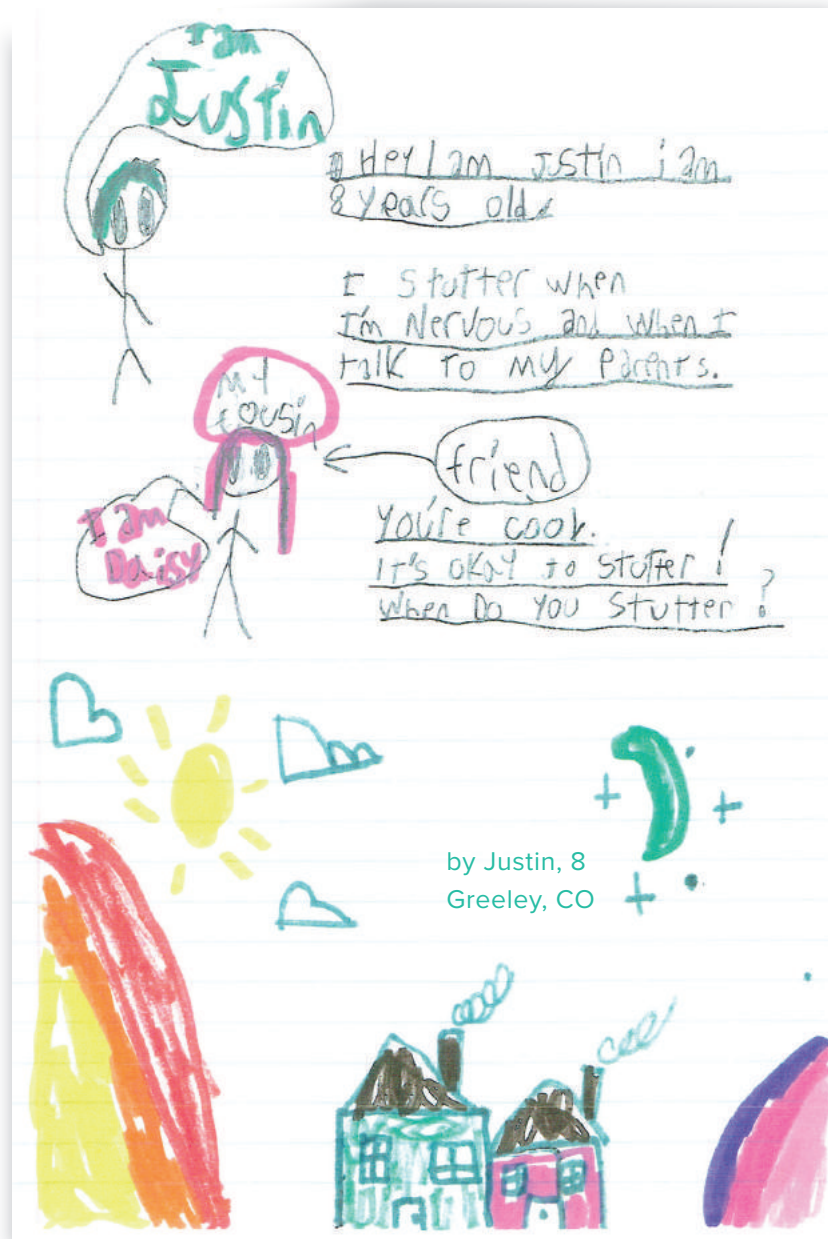
Thank you for letting me share
 my song with you!

Viola, 10, from San Diego, CA

IT DOESN'T HOLD ME BACK

Hello, my name is Blaize and I am 12 and in 7th grade and I stutter. I have been stuttering since I was about five years old, and it can be frustrating at times. The ways that stuttering can be frustrating is when people don't know that I stutter and just cut off my sentences. Most of the time, when I do stutter, I tend to have a block and get stuck on a word. More recently though, I have been having repetitions on words that start with the letters D, P, and B. Even though I have been stuttering for 7 years now, I don't let this hold me back. I have accomplished many things that make me stand out from the group. I am a 7th grader in 8th grade math and have also won many math related competitions in a game called Math 24. One tough thing about Math 24 is that you have to call out answers really quickly which can be difficult for someone who stutters. In my 2 years of doing Math 24, I have won 2 county titles and placed silver twice in the state finals (top 16 in Pennsylvania). I also consider myself a "mathlete" since I have been playing basketball for as long as I have been stuttering. I have made several all-star teams, and also my 7th grade team for Northley. Basketball is sort of a thing that cheers me up when I get down about stuttering. So, even though I do stutter, I accept it.

Blaize, 12, from Aston, PA



My Stuttering is a Piece of Me

My name is Heather and I am from Covington, Washington. I'm in the 6th grade, going to middle school next year. I like to watch YouTube, play phone games, and dance. I am part of a cheer squad. Also, I stutter. It's one of the interesting things about me! I've been stuttering since I was 3 years old and it seems like I haven't stopped. Sometimes it goes away for a while and then it comes back. Sometimes it feels like my throat is tight. I am feeling very nervous about 7th grade because I'm scared to stutter in a new place with new people.

I made a PowerPoint for my class and presented it to teach them about my stutter. I included fun facts and myths about stuttering and I showed them a video about Ed Sheeran's experience with stuttering. They gave me the thumbs up and now I'm more comfortable in class. I decided I want to participate in the talent show at our school. I will sing Lost Boy by Ruth B. on a stage by myself. If I get nervous I will smile and calm down by looking at my mom.

Here's my advice: Never give up! Everybody has things that make life harder but don't let it stop you from being yourself and doing what you want to do.

Heather, 6th Grade, from Covington, WA

Let out the air!



Hello my name is Bobby.

I'm 7 years old. I go to school in Brooklyn, New York. Sometimes I stutter and this is how I solved my problem. First you stop. Next you let out air with the word.

Bobby, 7
Brooklyn, NY

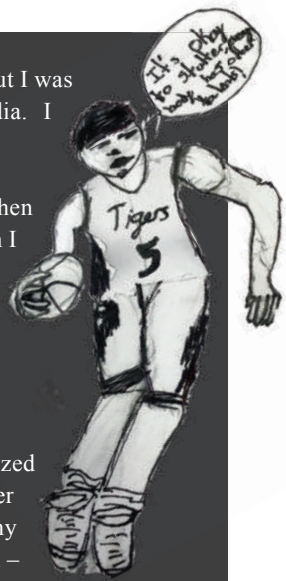
Hi, my name is Kai. I am 10 years old and in fifth grade. I live in Switzerland, but I was born in Beijing, China. My mom is from America and my dad is from Cambodia. I like to play basketball and soccer. I also enjoy drawing anime.

My stutter makes me upset because people always ask me why I repeat words. When I'm talking it makes me feel like a baby that doesn't know how to talk. But when I talk to my family, it makes me feel safe, like no one will ever insult me.

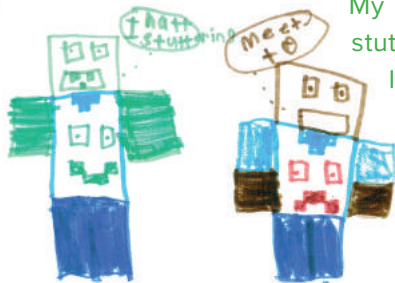
My stutter has a ripple effect and it makes it very hard for me to speak different languages, like Italian which is spoken where I live. Mamma Mia it's difficult!

Teasing is something that happens a lot to me. One time a kid called me an alien, and after he said that, I felt really ashamed. I thought about it a lot and realized this is who I am and I need to accept myself. I also made it my goal to get better at socializing with people outside my family. Lately I have learned to accept my stutter more and love myself. So, if you hear me stutter, it's just me, not an alien – I'm a real person. If you stutter and have an experience like this, you really need to find ways to overcome this difficult situation. Struggles can get to everyone, but they can also make you stronger.

Kai, 10, from Lugano, Switzerland



NOTHING CAN STOP YOU WHEN YOU STUTTER



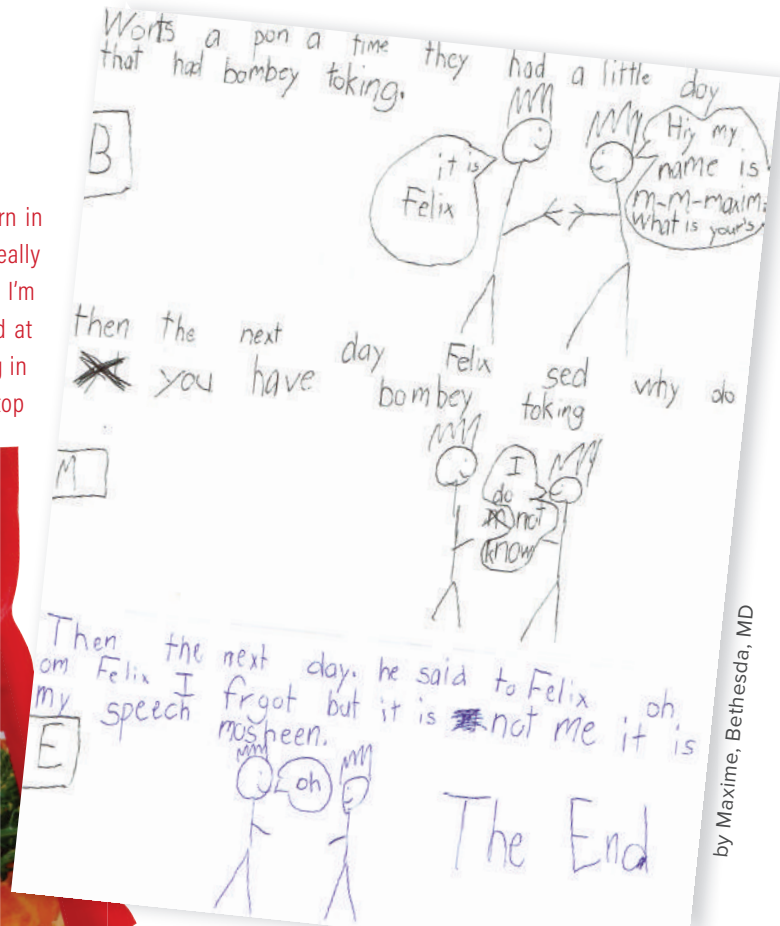
My name is Griffin and I am in third grade. I am nine years old. I have stuttered a lot, but it didn't stop me from talking. When I talk very fast, I stutter a lot. Then I stop and start over more slowly. When I talk to other kids, I stop and start over at the end of my sentence. It can be rough, but stuttering is not that bad.

Griffin, 9
Clayton, IN

I Found the Cure

My name is Hayden. I'm 11 years old and I like Fortnite. I was born in Chicago on January 17th and I stutter. I like playing football and I'm really good. My favorite players are Khalil Mack and Tom Brady. When I'm older, I want to be like them. I also enjoy Fortnite. I'm really good at building and I like watching Ceeday and Muselk. I started stuttering in 2012 and started speech in 2014. When I eat beef ramen noodles, I stop stuttering; so I think I found the cure for stuttering.

Hayden, 11, from Madison, WI



by Maxime, Bethesda, MD

DON'T BE SHY



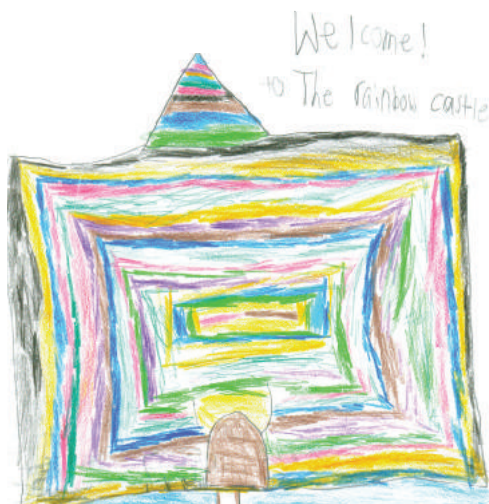
Hi, my name is Brandon and I am 9 years old. I live in Arizona. I started stuttering in the first grade. I have learned strategies in speech and I like to use easy starts. I feel embarrassed when I stutter when I read out loud. My goal is to get finished with speech therapy and not to stutter.

Brandon, 9, from Mesa, AZ

JUST IGNORE THEM

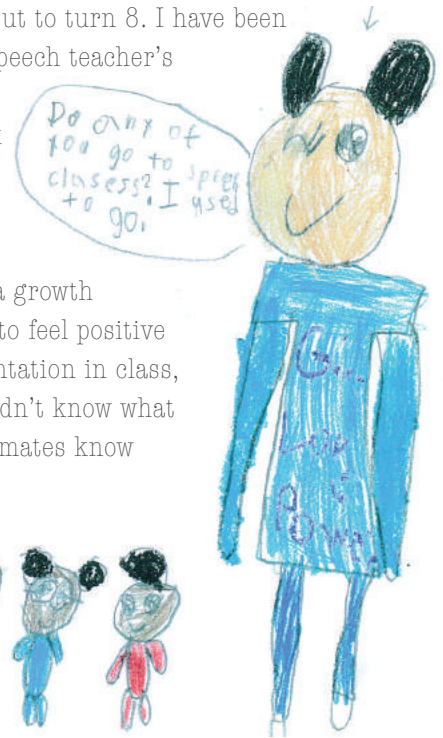
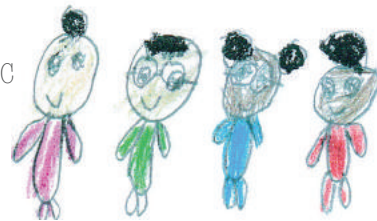
My name is Giovanni and I'm 9 years old. I hate when I stutter because sometimes kids make fun of me. They tell me I don't know how to talk and it makes me feel frustrated. My friends Andrew and Enoch calm me down when I'm mad. The strategies I use are easy starts and cancellations. When kids make fun of you, just ignore them!

Giovanni, 9, from Montclair, CA



Hi, my name is Kaidyn. I am about to turn 8. I have been stuttering since preschool. My speech teacher's name is Mrs. Novotny. Some strategies that I use are to think before I speak and slide-outs. If you stutter, it's okay because sometimes, in everyone's life, people stutter. You should have a growth mindset about your speech. Try to feel positive about your speech. I did a presentation in class, about stuttering. Some people didn't know what it was. I felt happy that my classmates know what to do when I stutter.

Kaidyn, 7
Simpsonville, SC



Hi, my name is Olivia and I'm in 7th grade in Aston, Pennsylvania. I started stuttering ever since I was a little kid. The kind of stutter I get is a block and repetition. I think this happens because I talk really fast. It can be frustrating at times but I can find a way to get over it. A strategy that I try to use is taking a deep breath and talking slowly. I also try to not think about stuttering when I'm talking because when you think about stuttering, it could mess you up when you are talking. For example, in basketball, I sometimes have to play point guard and I have to scream out what play we are running. I never stutter when I'm calling out plays because I'm so focused on the game that I'm not even worrying about my stutter. When I get upset with my stutter, I try to remind myself that there are millions of people that stutter in the world. Sometimes it can feel like you are the only person that stutters and that is normal. Try not to worry about what other people think of you and just worry about yourself.

Olivia, 7th grade, from Aston, PA

My name is Willie and I started stuttering in pre-K. I play football for the Silver Raiders. At my school, my favorite PE activities are basketball, jump rope, playground and butterball. I like to go on myON and ST Math (learning apps). I also like to go to outside recess after lunch. My goal in speech is trying to not stutter while talking.

Willie Leon Green, 10, from St. Petersburg, FL

My name is Mary Eliza. I am in a group called the Cupcake girls.

We go to the group every Tuesday. I like all the people in the group. It is an all girl group. We all like to bake and eat and play games.

It is where we use our Frog words, snake words, talk about stuttering and bake and eat!

The speech and language therapists are really nice and supportive but are just ok at baking.

Thank You from Wexford, Ireland

Mary Eliza



Just a Normal 7th Grader

My name is Katelyn and I am a 12-year-old seventh grader. I have a stutter, and started speech therapy in 5th grade. The summer before fifth grade, my family and I moved, and I had to change schools because our new house was an hour and a half away. This made my stutter worse. My mom talked to my new school's speech therapist and I started with her. At first I was nervous and kind of embarrassed, but as that year went on I began to enjoy speech, make some friends, and get used to my new school. My speech therapist, Mrs. M, has helped me so much.

I've been in 3 plays at my school now and a few plays outside of school. I even played Chip in a production of Beauty and the Beast at a local theatre. I love acting because when I'm playing a different character it helps me to just relax and forget about the real world for a while. I also love singing. I don't stutter when I sing and when I sing I feel very alive and good. I'm also involved in band. I play the clarinet. I'm also an intermediate gymnast. I love gymnastics!

The strategies I like to use are light contact and slow speech. Just remember, you don't have to hide who you are to make others happy. Everyone has things that make them unique. Embrace your stutter. Find friends who love you, and don't listen to the bullies. In fourth grade at my old school there was a group of boys who loved to tease me, but I had friends to help me through it, and you can, too! Whenever your speech gets really bumpy, just try not to worry too much. Just take a deep breath, relax, and think about your speech, and it will improve. I hope my advice helps you.

Katelyn, 12, from Gladstone, MI

FORTNITE



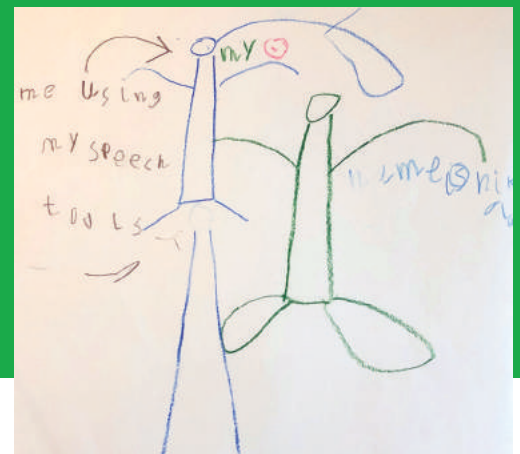
My name is Nasqr and I am 10 years old. I am in the 5th grade. I started to stutter at the age of 8. I was born on February 2. I like to play Fortnite and PUBG.

Nasqr, 10, from Madison, WI

I DON'T GET SCARED

My name is Nikolas and I go to speech on Wednesdays. I like to play video games. My favorite games are Fortnite and Roblox. I also speak three languages. When I stutter, I don't get scared. I take a deep breath and I go back to what I was saying. I only need to take deep breaths when I say big sentences.

Nikolas, 1st Grade, from Munster, IN





My name is Daniel

and I am an 8th grader in Franklin, MA. During this year we are asked to do a Capstone project, which is somewhat like a senior project in high school where each student is asked to raise money for a charity of choice. The charity I chose was the Stuttering Foundation. I raised \$197. I did this by holding a movie night where we showed *The Sandlot*. I also collected donated cookbooks from students and faculty and sold them at a farmer's market.

I chose the Stuttering Foundation to raise money because I have struggled with stuttering. I know that there are multiple degrees of stuttering and I was fortunate that mine was not severe but I still needed a speech therapist. It is something that I still continue to work on to this day.

I hope that you can use this money to help others who are affected by this speech impediment. Thank you for all that you do.

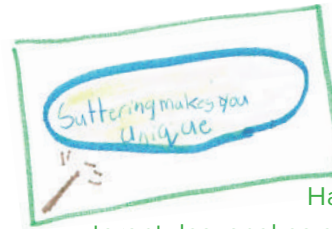
Sincerely,
Daniel, 8th Grade, from Millis, MA



MY BRAIN FEELS CONFUSED

My name is Isaac. I am 7 years old and in the 2nd grade. I go to speech to learn to slow down. When I stutter my brain feels confused. I don't like when people talk for me. I get stuck and I say "I I I I I".

Isaac, 7, from Hollister, CA



Hi! My name is Olivia! I'm 9 and I live in California. I love to swim, do aerial yoga, and read Harry Potter. My dad likes to collect tarantulas, snakes, and hissing cockroaches. My mom raises butterflies.

I sometimes stutter. I've gone to speech therapy for two years. My strategies are like pills with medicine for stuttering. My favorite strategy is cancellation. Everyone remember: stuttering makes you unique!

Olivia, 9, Costa Mesa, CA

I AM PROUD

My name is Brock and I like video games. My favorite video games are Harry Potter and SpongeBob Baseball. If someone tells you to stop being bumpy, you should go to your speech teacher for help. Sometimes you have to ignore other kids. I am proud of my speech!

Brock, 1st Grade, from Munster, IN

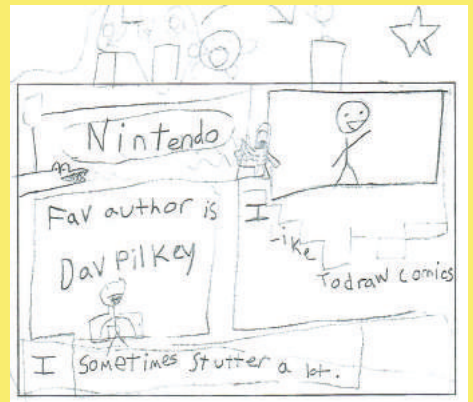




My Fundraiser for Stuttering

My name is Emily and I'm in the 7th grade. My stutter started when I was in 3rd grade, but didn't get more significant until 6th grade. I started speech therapy and I learned easy onset, light contact, rephrasing, and slowing down. This year in my Language Arts class, I'm doing a project called the "Twenty Time" project where we had to find a world issue and do a project on it. I chose for my research project to do "What causes a stutter?", "Is there a cure?" and "How can we share awareness?". I decided to do a bake sale and donate the profits to the Stuttering Foundation. My teacher helped me to announce the bake sale to others. Then, my mom, grandma and I baked Snickerdoodles, oatmeal cookies, chocolate chip cookies, and chocolate covered pretzels for 3 hours straight and then I held a bake sale in my L.A. classes. Some high school kids came in from my brother's class and then some just random kids came in! Then, a substitute teacher came in and bought some for her own kids! I raised \$80. I can't believe how much money I received to help out other people who stutter.

Emily, 7th Grade, from Uniontown, OH



My name is CaMaron. I read letters in the Mary Poppins edition and it inspired me to write this letter. I am a fan of different video game companies, but my favorite is Nintendo. When I talk to mom and dad about the video games I play, I sometimes stutter a lot. I am trying to not stutter. I saw the article about how Emily Blunt stuttered less when she used an accent. During Readers Theater at my school, I tried using an accent for my character, The Climber, and my stuttering was gone! It made me feel really happy. My SLP, Ms. Starr, helps me with my stuttering by teaching me to use cancellations. My advice is to use whatever strategy works for you! If you're still in school, ask your teacher if you can get a speech therapist. If she's cool, like Ms. Starr, you're lucky.

CaMaron, 9, from Oxon Hill, MD

THE KINDS OF TALKING

Sometimes our speech machines don't work together as a team. That can make talking come out hard. Kinds of talking are: bumpy, stuck, hard stretchy, and even smooth. When your words get stuck, you just try to let them out.

Rafael, 7, from Bethesda, MD





HOW I BEGAN TO STUTTER

MY NAME IS PHOENIX. I AM 11 YEARS OLD. WHEN I STARTED STUTTERING, I WAS 4. I HIT MY HEAD ON A VENT AND WOKE UP IN THE ER. AFTER TWO WEEKS, I STARTED STUTTERING. MY SPEECH TEACHER GAVE ME A PACING BOARD TO SLOW MY SPEECH DOWN AND SHE IS VERY NICE. SHE TOLD ME TO NOT GO "HHHHHHH" SO MUCH BEFORE I TALK. THAT'S HOW I AM NOW. YOU MIGHT WANT TO GET YOUR OWN PACING BOARD.

PHOENIX, 11, FROM OMAHA, NE

My name is Micheri and I am 8 years old. I like to play games such as restaurant with my little sister named Jai'lah and my dog. When I stutter I think of light over my head then I look up and breathe and look down and dream that I'm on a cloud. One time I did a presentation to my class then at a meeting for people who stutter.

Micheri, 8, from Bloomington, IL



NO NEGATIVE FEELINGS

I really do not have negative feelings about my stuttering. I know a lot of kids are sad that they stutter, but I don't see a problem with it. My friends are not bothered by it either and nobody makes fun of me, which I like. As I said before, I don't care that I stutter, but I still work on it by taking a deep breath before I speak and using easy onsets. My friend and I have a code for when I stutter. She says the code word and I restart my speech to make it smoother. Thanks for listening to how I feel about my stuttering.

Laila, 5th Grade
Munster, IN



Hi, my name is Zachary and I stutter.

I am a senior in Torrance, California. I have been stuttering since I was in elementary school, so quite a while. I've learned some strategies in my speech group for helping me in moments of stuttering. Some of these strategies are relaxing before speaking, thinking about my comment before I say it, and talking at a slower rate. I also have tried calming down my muscles in my face, tongue, and throat.

These are good strategies, but let me share what works for me. I deal with stuttering in a very weird way. What I do is I either stop and make a weird sound (like "ahhhh") and start over. Or I just continue with the sentence as if I didn't stutter at all. These strategies both work for me, but at different times.

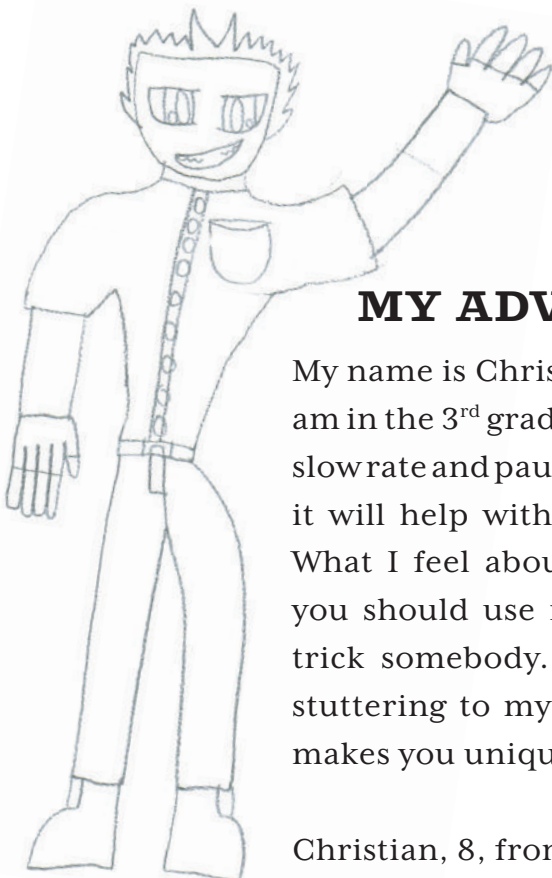
Being part of the volleyball team at my high school has really helped me. In volleyball I need to talk a lot, so learning to talk clearer is really helpful. Another hobby I have is playing video games. I find gaming helpful because I get to talk with other people in the game. I am not embarrassed by my stuttering. I enjoy testing people's patience. ;)

Zachary, 12th grade
Torrance, CA



My name is Kimberly. I am 9 years old and in 3rd grade. I go to speech to learn not to stutter. I don't know when I stutter. I like to eat grapes. I like to play Xbox.

Kimberly, 9
Hollister, CA



MY ADVANTAGE

My name is Christian. I am 8. I am in the 3rd grade. I am good at slow rate and pausing and I think it will help with other people. What I feel about stuttering is you should use it like you can trick somebody. I use all the stuttering to my advantage. It makes you unique.

Christian, 8, from Detroit, MI

Hello

My Name is Keelan



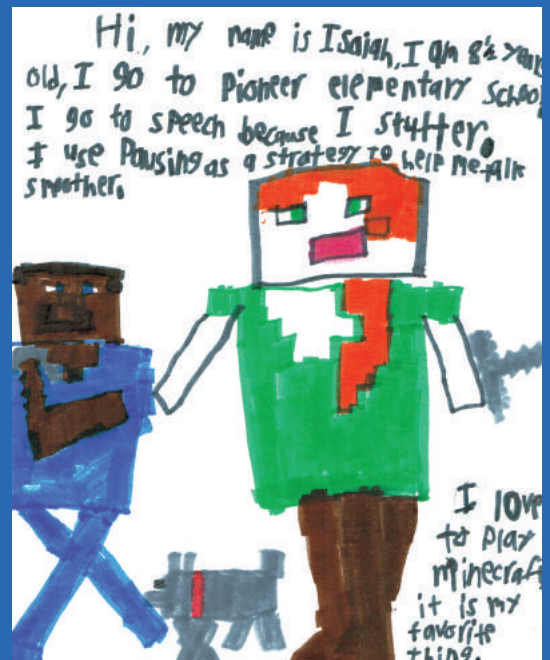
I go to Emisworthy clinic to a group who works on Stuttering. We call our group the cupcake girls. We do bake offs most of the time when we come to the clinic. I love to bake things that include chocolate and of course eat the things I bake as well.

I want you to know that stuttering is perfectly fine @. My teachers for stuttering are Fiona and Lucy. They are very kind and supportive.

we have lots of fun! @ I am a true Cupcake Girl! ♡



Keelan, 12
Wexford, Ireland



Hi. My name is Isaiah. I am 8 1/2 years old. I go to speech because I stutter. I use pausing as a strategy to help me talk smoother. I love to play Minecraft, it is my favorite thing.

Isaiah, 8, from Green Bay, WI

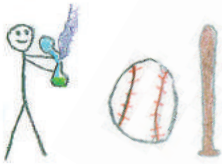
I Am Just Like Them

My name is Sebastian. I am 13 years old and in the 6th grade. I started stuttering when I learned how to speak. I like to play video games like Fortnite. I play on the wrestling team for Armstrong. When I stutter, it feels like the air is getting stuck. I stutter the most when I speak in front of a group, talk on the phone, and when I am nervous. Strategies that help me be more fluent include easy onset, tapping, and delayed auditory feedback. Sometimes my stuttering keeps me from doing things I might like to do, like acting in a play. When I am stuck on a word, I wish people wouldn't say it for me. Sometimes my friends lose patience when I'm trying to say something, and they change the subject before I am finished talking. That really annoys me. I wish my friends realized I am just like them.

Sebastian, 13
Freeport, PA



Science



My name is Sheldon and I'm 10 years old. I live in North Central Missouri. Stuttering was really hard for me last year but after going to a speech therapist for a while my stuttering has been going well. Now I'm starting to think it's ok to stutter and everyone reading this should think that too. Stuttering won't define my life. I can still reach my dreams and you can too.

Sheldon, 10, North Central, MO

just do you!

Hello! My name is Kaitlyn and I am 13 years old. I started to stutter around the age of 2 years old. When I was younger, no one cared that I stuttered, but as I got older people started to mock me. So when I had enough, I stood up to them, and soon enough, the whole school never mocked me or questioned me. My advise is to stand up to bullies and don't let it get to you. Just be yourself and no one else!

Kaitlyn, 13 Orange County CA



Dear Stuttering Foundation When I Stutter I feel like I'm in a race to the finish line. But taking a deep breath I can finish the finish line! xoxo Emily age 7 Manchester Maine



When I stutter I feel like I'm in a race to the finish line. But taking a deep breath, I can finish to the finish line!

Emily, 7, from Manchester, ME



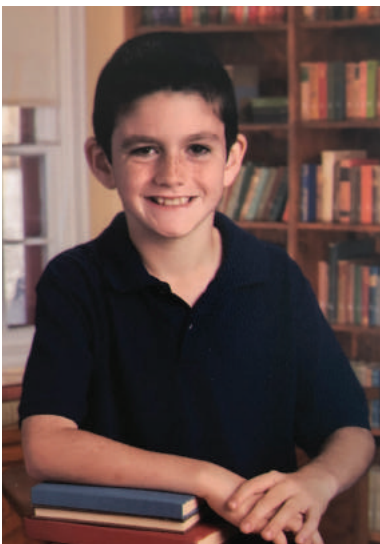
Don't Be Afraid – Be Yourself!!

Hi, my name is Jackson and I'm in 4th grade in Clinton, Connecticut. I started stuttering when I was four or five years old. I have been going to speech since first grade. I have learned to use speech strategies and they work! My two favorite speech tools are "light contact" and "slow, easy speech".

My speech teacher and I did a presentation for my class about stuttering. My friends let me speak and they wait for me to finish. I've learned to keep my eyes on my friends so they know I'm still talking to them.

Just the other day, my teacher chose me for a math question. It was about which number was greater than the other. I explained why I thought the number I chose was greater, and I used my speech targets. I felt good after I was able to speak, and my teacher complimented me. She gave me a yellow ticket because I did the best job I could.

I have some activities that I enjoy in my free time. Sometimes I like playing video games. Bike riding on trails is something that I like doing a lot. Soccer is my favorite sport and I play year-round.



My advice for other kids who stutter is to use your speech tools. Going to speech can be helpful to those who stutter. Talking to your class about stuttering is good to do so they know what stuttering is and so they know you are the same as they are.

Jackson, 10, Clinton, CT

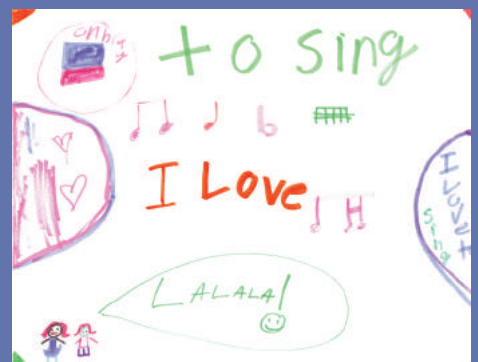
HI. MY NAME IS SHIA.

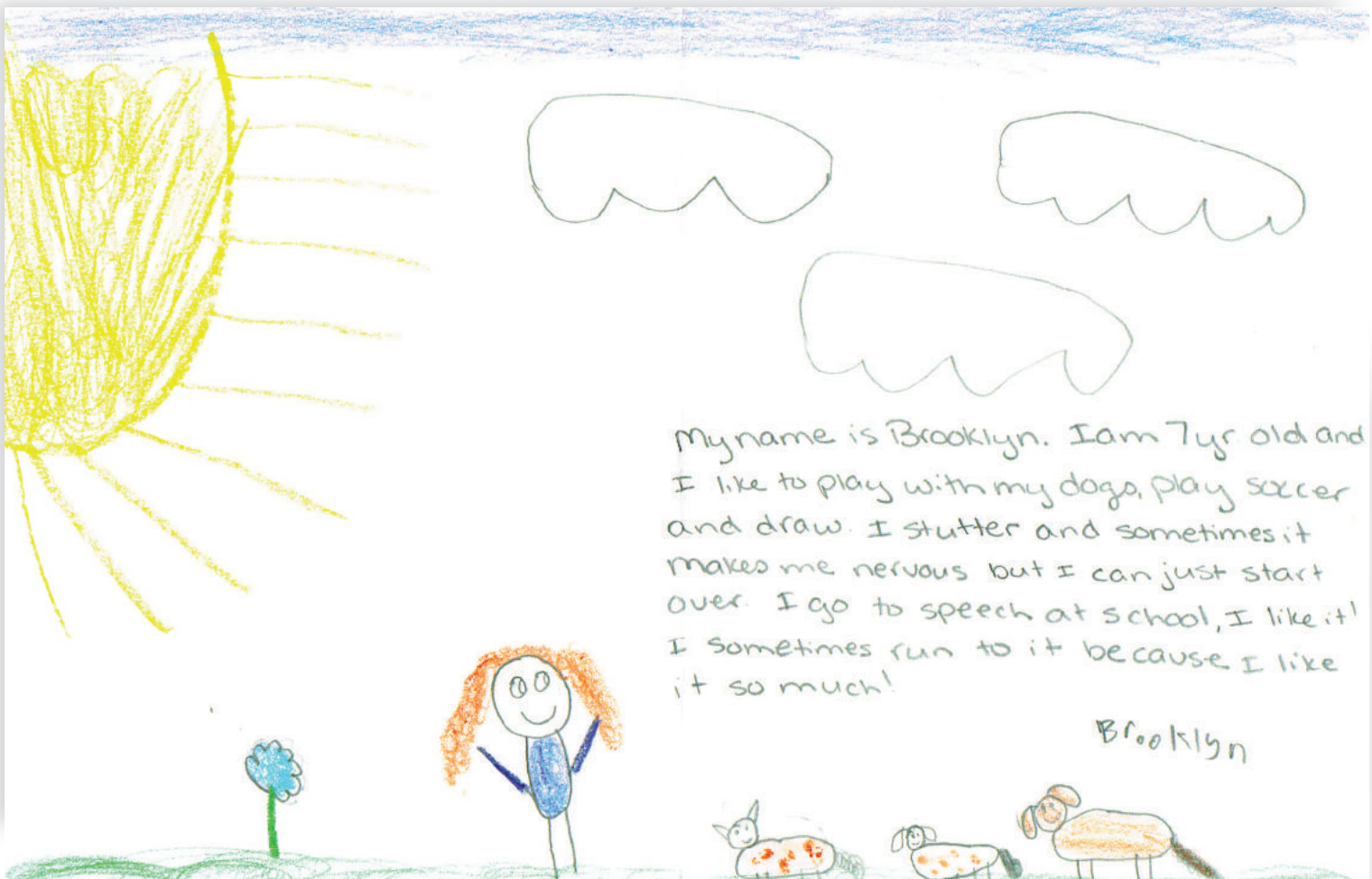
I am ten years old and I am in 4th grade. I have been stuttering since I was 4 years old. My dad stutters. I don't like to stutter because people look at me. I don't always stutter.

To me, music is calming. I like to play the ukulele, guitar, and to sing. I also like to perform on stage. I practice at choir so that I can sing better and try to win Elitches concert.

Ms. Comfort and Ms. Ashley taught me strategies that help me talk better. The turtle helps me slow down when I talk, and the rubber band helps me stretch out a hard word. The balloon means I need to control my air, the Play-Doh helps me chunk the words, and the teacher helps me control my voice and feelings.

Shia, 10, from Denver, CO





Brooklyn, 7, from Delta, UT

My name is Diego. I've been stuttering since I was eight years old and now I'm 11. Some people make fun of me and they pretend that they are stuttering. It makes me stutter worse, but at least I'm learning how to use strategies and the more I stutter, the more I'm practicing. I always take a deep breath then drag out the words and it makes me stutter less. I stuttered since I was in the second grade and now I'm in fifth grade. (I have had) three years of stuttering, but I'm trying my best until I stop stuttering, go to college, and study what I want to be.

Diego, 11, from Montclair, CA

I Have a Best Friend

My name is Jaden and I am a 6th grader. I stutter all of the time, when I am nervous. When I stutter, kids start to laugh at me. I do not want kids to laugh when I stutter, but I have a best friend who helps me feel better and not stutter a lot.

Jaden, 6th Grade, from Montclair, CA



Don't Feel Upset

Hello, my name is Ja'Kari. I'm in 3rd grade. I feel a little upset about stuttering. I use slow talking and chunking.

Ja'Kari, 9, from Warren, MI

P.S. Don't feel upset about stuttering.



Stuttering Foundation



Lester Hayes, a former defensive back for the LA Raiders, led the NFL with 13 interceptions which still stands as the most interceptions in a single season in the modern era.



Henry: I remember just as the Raiders defeated the Eagles in the Super Bowl, they interviewed Lester, he was so excited he had a major stop, he just couldn't get it out. I felt so sorry for him.



Governor: Good for Lester for speaking on camera!



Nina: He was the first person who spoke like me who I saw on tv.



Stuttering Foundation



Blogger Rachel Dancy shares her #stuttering experience, from being bullied in grade school to finding her people in college.



Beth: I'm so impressed with what Rachel wrote and so sad that she had to endure the bullying which is so prevalent. I am so thankful that she found friends in college and it would be great if she could speak in front of groups and explain what bullying did to her and how she survived it and is thriving now. I am so proud of her!



Rachel: Thank you so much, I appreciate it!! I am trying to talk to some kids about bullying.



Stuttering Foundation



Happy birthday Shaq! Thank you for reminding us that we don't need to fear #stuttering.



Brandy: Exactly. I love to see a celebrity that doesn't say, "I overcame stuttering." Nobody can. It's all about acceptance. Great example!



Henry: That's how I feel about my stuttering, no big deal, no pressure.



Stuttering Foundation

I Am a Person Who Stutters

Stuttering is a condition covered by the Americans with Disabilities Act

• **What is stuttering?** Stuttering is a communication disorder in which the flow of speech is broken by repetitions (li-li-like this), prolongations (lllllike this), or abnormal stoppages (no sound) of sounds and syllables. There may also be unusual facial and body movements associated with the effort to speak.

• More than **70 million people worldwide stutter**, which is about 1% of the population.

• There are many complex factors involved with stuttering. **Stress is not the cause, but it certainly can aggravate stuttering.**

Have you downloaded a free "I Am a Person Who Stutters" card to help with the TSA and Customs screening process?



Jodi: I took my 12 year old son to FL in December and he stuttered when asked his name. The TSA agent said, "What! Don't you know your name?" Even though I understand the complexity, I was not happy and a little mama bear came out. This will be very helpful.

**some comments have been edited for content, length, and/or grammar; profile photos have been changed.*

AN OPEN LETTER TO SPEECH THERAPY

By James Hayden

Dear Speech Therapy,

Whenever you come up in conversation I inevitably say something along the lines of, "Going back to speech therapy was one of the best things I've ever done." Five years ago, never in my wildest dreams did I think that sentence would cross my mind, much less come out of my mouth; however, that's the beauty of time and retrospection. They allow your current self to see the beauty in things your past self could not or would not see. In order to understand how the two of us got to this point, let's go back to the beginning.

We first began our friendship when I was five years old. At the time, you were just this friend that allowed me to miss school a few hours each week and talk about whatever younger me wanted to discuss. Over the course of six years, my fluency increased, while my stuttering decreased and all parties involved agreed that I no longer needed you. We mutually and amicably ended our friendship and I thought that would be the end of it. In my mind, you were just an elementary school friendship that didn't survive the transition into high school. Boy, was I wrong.

As we all know, my stutter returned my senior year of high school and I ignored that friend like I would ignore you for two years. In college, my parents would suggest I reach out to you, but at the time you were a friendship I refused to re-visit. I wanted to leave you in elementary school the way I left behind Scholastic Book Fairs, Book Sox and Santa's Secret Shoppe. After almost two years and many inquiries from my family, I finally reached out to you about the possibility of re-kindling our friendship. It would prove to be one of the best decisions I made during my time in college.

At first, I wanted our friendship to be hidden. You were the friend I would talk about in past tense and for awhile you were the friend I didn't want to talk about in present tense. I was too prideful to say, "I am in speech therapy." Out of pride (and if I'm honest with myself and you, embarrassment), I made sure no one saw me go to our weekly hangout spot. Pride made me not want to acknowledge you to myself. Embarrassment made me not want to acknowledge you to others. Over the next two years, the pride and embarrassment faded and a beautiful friendship developed. When I graduated our friendship ended and I have never looked back.

Although I was hesitant to re-initiate our friendship, I'm glad I reached out to an old friend. Our re-established friendship allowed me to gain a confidence in myself and in my speech that I never thought possible. Due to our re-kindled friendship, I grew to accept my stutter. I thank you for that, but I am also thankful that I left our friendship behind when I graduated from college in 2015. I no longer plan to visit you; I've gotten all that I can out of our friendship. To paraphrase Neil Hilborn's *Future Tense*, "You filled something in me that's still full, even though you're gone." Our second round of friendship filled me in ways that silenced the self-doubt, self-consciousness, and insecurities in a way I never thought possible. Although our friendship is over, I'm glad it happened.

Yours, James





A STUTTERING FOUNDATION TRIBUTE
GERTRUDE TOMPKINS
BRAVERY ON THE FRONT LINES



Born in October of 1911, Gertrude Tompkins came from a wealthy and privileged background. Her father, Vreeland Tompkins, was a top chemist for John D. Rockefeller's Standard Oil with many patents of his own, securing the wealth of the Tompkins family for many years. Vreeland stuttered severely, and naturally was upset that his daughter began to stutter like he did.

Many unconventional methods were used to try and help Gertrude. In second grade, she was advised to stay silent for an entire week, with an allowance to whisper the following week, a bit louder the next, until achieving full volume.

When that failed, the following year she was made to rise every day at 6:30 AM and drink a glass of water while getting dressed, and eat stale bread for breakfast. The following year



another doctor required her to clench her teeth for five minutes on the first day, adding an additional five minutes each day until reaching a full hour. Her parents thought this technique actually helped and encouraged her to continue with it, which she did for a couple of years.

However, the situation seemed to change with the onset of Gertrude's teenage years. Tompkins biographer James W. Ure wrote, "As a teenager Gertrude's stuttering only grew worse. Sometimes she couldn't speak for several seconds. As she waited for the words to come, others tried to encourage the words from her lips, saying for example, 'Do you mean 'hotel'? Or are you trying to say 'home'? She felt shamed by her inability to speak as others did. She shrank from people and avoided speaking in class. Eventually, her teachers no longer called on her. Often Gertrude said she was ill and stayed home from school. Vreeland Tompkins found consolation in the fact that his daughter's was less severe than his own."

After a hard high school and college experience, she graduated and began her flight training in 1943. Of course, she was concerned that her stuttering

One chapter in American history that deserves more attention is the story of the WASP – the Women’s Airforce Service Pilots who bravely served during World War II. On September 10, 1942, just nine months after Pearl Harbor, an article appeared in the New York Herald Tribune with the headline: “Women Pilots to Fly for Army”. As a result, more than 25,000 women responded to the recruitment drive. With 1,800 accepted for the flight training, 1,100 women graduated the program. WASPs flew every type of aircraft that was used by the military in World War II. These pioneering women aviators flew exclusively within the U.S., which freed up male military pilots for combat missions.



would be cause for her to be ejected from the training program. She knew from her vast experience with stuttering that she did not stutter while singing or speaking foreign languages as she was fluent in both French and Italian. Over the ever-so-important radio, she totally avoided her stuttering by singing her responses and instructions.

Tompkins made the ultimate sacrifice for her country, paving the way of bravery for women and all people who stutter around the world.

Her training was a success. Known to her fellow aviators by the nickname of “Tommy”, she was one of a class of 126 WASP pilots who were promoted to fly fighter planes. It is reported that when she first flew a P-51, her stuttering ended permanently. Her stutter ended when she was flying the P-51 at 400 miles per hour and handling the radio communication chores with total ease.

On October 26, 1944, Gertrude “Tommy” Tompkins would tragically fly her last flight. Flying a new P-51D, she had been ordered to fly from Los Angeles to Palm Springs, and from there to Newark, from where the aircraft would be flown to Europe by a male pilot for use in combat. Since her base of record was Love Field in Dallas, someone there noticed that Tompkins had not filed the overnight telegram from October 26. Of the 38 WASP pilots killed in service during World War II, Gertrude Tompkins is the only one still listed as missing. Extensive searches for her aircraft were unsuccessful.

The Women’s Airforce Service Pilots were certainly pioneering women who helped the war effort in a great and unique way. Unfortunately, Congress disbanded the WASP after World War II as a result of pressure from male military pilots who felt that these women flyers potentially would take their jobs. Gertrude Tompkins refused to let her stuttering hold her back from her incredible dream: to be a female military pilot in an era when there were none. At the young age of 33, she made the ultimate sacrifice for her country, paving the way of bravery for women and all people who stutter around the world.

CSHA & TSHA 2019:

Reaching the Stuttering Community through State Meetings

For years, the Stuttering Foundation has been a major supporter and participant in state SLP events like CSHA and TSHA—two of the largest state gatherings for therapist who treat stuttering. By visiting these conferences, providing the latest information, and spending the time to have open dialogue and answer questions, the Stuttering Foundation team continues to spread its message of help and hope across the country.



THE STUTTERING FOUNDATION REMEMBERS
CAROLYN BOOTH GREGORY



Carolyn Booth Gregory, 93, passed away January 11, 2019 in Beaverton OR. She was born on July 21, 1925 in Atlanta GA and grew up in Fairfield, CT where her family moved when she was six.

She graduated from Roger Ludlow High School in Fairfield, CT, and received a Bachelor of Arts degree from Bates College in 1947. She earned two Master's degrees from Northwestern University in Evanston, IL in Speech and Language Pathology (1952) and Counseling Psychology (1986).

At Northwestern she met and married Hugo H. Gregory, Jr., a fellow speech pathology student from Portland, AR, who was the love of her life. His distinguished career as a professor at Northwestern (1962-1993) combined clinical work, writing, research, and teaching. Dr. Hugo Gregory became an international authority on stuttering, and Carolyn shared his passion for treating stuttering and made her own contributions to their joint clinical practice. Their professional partnership led to world travel and lasting friendships. They were also known for hospitality, gracious entertaining, and Carolyn's great cooking.

Carolyn lived life with great enthusiasm and often remarked that one can choose to have an ordinary life or an extraordinary life, determined by the choices one makes with the opportunities one is given. She chose extraordinary. She was generous and supportive of family and friends, and filled her time with many interests and volunteer activities and had a lifelong love of learning.

In lieu of flowers, her family requests memorials be made to the Frontier Nursing University, 132 FNS Drive, Wendover, KY 41775.

STUTTERING FOUNDATION VIDEOS
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TO THE WORLD



All Stuttering Foundation videos are now available for streaming in one library! Over 50 videos (including many Spanish titles) are ready for immediate streaming by kids, teens, adults, parents, counselors and SLPs alike. Once a video is purchased, access is unlimited.

- 54+ high definition videos
- Works on smart phones, tablets and computers
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- Great for college classrooms and take-home assignments
- Use in workshops
- No expiration

Visit www.StutteringHelp.org/streaming and start streaming today!



THE STUTTERING AUCTIONEER

"I DON'T STUTTER LIKE I USED TO; NOW, I STUTTER PROFESSIONALLY!"

by Jake Ohlinger



I grew up on a farm in a small southwest Iowa town with a population of 300. My senior high school graduation class was eleven. In spite of my stutter, I was elected senior class and student body president.

I enjoyed sports but was not the best at them. So, I chose to officiate the sport of basketball in our community. As a high school sophomore, I believe I was the youngest licensed Iowa state high school basketball referee. I learned the laws of the game and knew how to blow the whistle to enforce the rules.

With eleven siblings growing-up on a farm in the 50's & 60's, we created a lot of our own entertainment. My brothers and sisters could not remember a time when I did not stutter. It was reported that I did not start to talk at an early age and I let others do the talking for me. I also had lots of (good intentional, non-professional) speech help from my parents, grandparents, siblings, relatives, friends, and neighbors. Despite constant instruction, I still stuttered.

During my senior year of high school, a person from Iowa Vocational Rehabilitation stopped at our school and inquired if there was anyone in our area that could benefit from Vocal Rehabilitation Services. This was the start of my formal professional speech therapy. Right after graduation in the summer of 1964, I experienced my first real speech therapy session under the care of speech clinician Barbara Murray. For thirty minutes per week during that summer, I learned and grew in the direction of speech improvement. It was great.

I enrolled in the University of Iowa solely for speech therapy. Dr. Dean E. Williams was my chief speech therapist and my academic advisor there. In spite of being classified as a severe stutterer, I learned ways to improve



my talking. Along the way I helped to train a number of future Iowa speech therapists. I also earned a BA degree with majors in Speech Pathology & Audiology and Psychology and a minor in Public Speaking.

From Iowa University, I started work in the Council Bluffs Public Schools as a speech teacher. I met and married the love of my life, Kathy. Stuttering still played a big role in my life. This was also the time of raising our young family with the demands of time and money.

IT IS IMPORTANT TO TAKE TIME
FOR SPEECH THERAPY. THAT
TIME IS YOUR FRIEND. BE NOT IN
A BIG HURRY TO TALK,
BUT TAKE THE TIME TO TALK.



*Jake has been married to his wife Kathy for 49 years.
They have three grown and married children,
Jacob John (JJ), Johnell Ray and Kenneth Michael,
as well as a grandson, Wyatt.*

*Jake is actively involved with a local stuttering
support group, "We Stutter Upstate" in
Greenville, South Carolina (pictured above).*

After successful careers in teaching and serving in many positions within Proctor & Gamble (securing the Pepto-Bismol brand, among other achievements), I was able to retire with full benefits at the age of 52. I began to consider and dream about the next phase of my life.

As a boy, my father would take me to farm auctions. I fell in love with the auction then and the auctioneering chant, in particular. But how could I, as a severe stutterer, ever become an auctioneer? I received support and encouragement from friends, family, and well-respected peers. Still I knew many others must have thought I was crazy. I was given the advice "you will never know unless you try". It gave me the motivation to give it a shot.

During this same time, the Convention of the National Stuttering Association was happening in Atlanta. They were having an auction for fun and financial support for the organization. I ask the person serving as auctioneer if I could auction an item? He said yes. I purchased a box of Pepto-Bismol tablets for \$5.00. That evening at the very end of the auction, the auctioneer, Dr. Lee Reeves called me to the podium and introduced me. I said a few words about Pepto-Bismol and then started the bidding. I went from \$0.50 to \$1...\$2... \$5...\$10...\$15...\$20...\$25...\$30...\$40... and finally \$50! I sold the box of Pepto-Bismol tablets for \$50.00 to a person from Texas. This gave me the confidence to move forward with my Auctioneering Dream.

I attended the Southeastern School of Auctioneering in 1999. I did well in school, took the South Carolina Auctioneers Exam, scored well and now I have been a licensed South Carolina Auctioneer for 20 years.

Over many years of auctioneering, I have personally conducted a large number of auctions, from personal estates to benefit fundraisers. My first love is auction fundraisers for worthy causes, and I'm thankful to have had the opportunity to help so many with worthwhile needs.





FREDERICK MURRAY

A TRIBUTE BY FERMIN CRUZ



Frederick Murray, a Fellow in the American Speech, Language & Hearing Association, passed away on January 24, 2019 following a brief illness. Fred was a speech-language pathologist and scholar (Professor Emeritus, University of New Hampshire), a passionate and tireless member of the stuttering community, and a mentor and friend to many. The following eulogy excerpt was written and presented by his dear friend, Fermin Cruz and speaks of Murray's extraordinary life and quest to conquer stuttering.

You may know, that early in life, Fred was a severe stutterer. It started suddenly at around age 3 and would last his entire life. Stuttering would go on to be his life's challenge and conquering it, his greatest achievement!

Fred had wonderful parents who always loved and encouraged him no matter the speech impediment. Fred was very proud and consoled by the fact that both would live long enough to hear and see his improved speech and boast how proud they were of him.

Imagine growing up in the 1930's and 1940's, one world war over and another about to begin. The public sentiment was not very favorable to people with severe stuttering. Fred suffered throughout his childhood from laughter and cruel teasing only to persevere and grow stronger from every experience. He not only learned to master his speech, but later become one of the worlds foremost experts on speech impediments, lecturing to audiences of hundreds. Additionally, he learned to speak fluently in Spanish and French.

Fred was on a mission to determine the cause and cure of stuttering, and nothing was going to stop him. He enrolled in public speaking classes and attended hundreds of hours of psychological sessions. Everywhere he traveled (not only in the US but throughout the world) Fred loved to study how other therapists treated stuttering. He learned all he could from noted authorities and experienced its practical application on the world stage. Fred even once traveled to Calcutta India simply because an old professor had asked him to help a young man that was stuttering. Fredrick Murray worked tirelessly...nothing was given, everything was earned.

Fred never blamed anyone for teasing him, for being hard on him, citing that "you need thick skin, yes-- but most importantly a great sense of humor." He described how he tried to introduce himself to a stranger at a party. He said my name is "F-F-F-F-F Fred" and the reply was "I'll just call you Fred for short". Fred laughed and laughed! It broke the ice and he went on to have a great time at the party.

"Stuttering is organic, meaning it's something that comes from within the nervous system. A person stutters at no fault of their own. However, for someone to overcome this disability, you cannot hide your stuttering, embrace it, control it, then vigorously pursue the things in this world you are passionate about."



Dr. Fredrick Murray was an exceptional professor. He famously said "stuttering is organic, meaning it's something that comes from within the nervous system. A person stutters at no fault of their own. However, for someone to overcome this disability, you cannot hide your stuttering, embrace it, control it then vigorously pursue the things in this world you are passionate about."

Fred said that Moses, the biblical giant, was also a stutterer. I can see Fred now, introducing himself to Moses at the gates of heaven, putting his arms around Moses, saying "Stuttering is Organic, meaning it's something that comes from within the nervous system...."

God Bless you Frederico. We are all better to have known you. We will love you and will never forget you dear Friend. God speed.

Pictured from L to R: Marie-Claude Laliq with Murray, in France; Murray with SFA Founder Malcolm Fraser and Celia Gruss; Fred on one of his many trips to Cuba.



THE
STUTTERING
FOUNDATION®

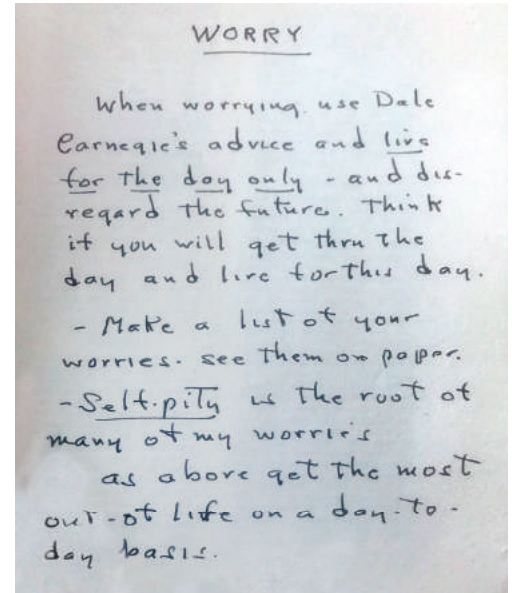
P.O. Box 11749 • Memphis, TN 38111-0749



"Self pity is the root of many of my worries."

-Malcolm Fraser

This note titled "Worry" was written by Malcolm Fraser, the founder of the Stuttering Foundation. Jimmy Garrison, a long-time friend of the SFA, had this to say about Fraser: "There are few in life who are as determined to apply a no-nonsense, businesslike mind to the cause of helping others. Stuttering didn't prevent him from realizing his dreams; in a sense, it liberated him. It opened the doors to a fruitful career that has touched millions, and he has left a legacy—the work of the Stuttering Foundation—that will keep his mission and goals alive in perpetuity."



"We are dedicated to improving the lives of those who stutter." - Malcolm Fraser, SFA Founder

Since its beginning in 1947, the Stuttering Foundation has created a community of millions through research, education, and support. **Founder Malcolm Fraser's vision and our continued mission is to bring hope and help to those who stutter, all over the world.** Thank you to our generous family of supporters, who together with the Stuttering Foundation, are making Malcolm Fraser's dream a reality.

Special thanks to: Patty Reed, Ron Shafer, Rachelle Loir, Donna White, Madison White, Greg Wilson, Patricia Adams, Jane Fraser, Scot Squires, Laura Spence, Kiersten Hizak, and Sara MacIntyre