



THE STUTTERING FOUNDATION®

A Nonprofit Organization

WINTER 2016

Since 1947 ... Helping Those Who Stutter

RESEARCH CORNER

It's Not Stuttering, But What Is It?"

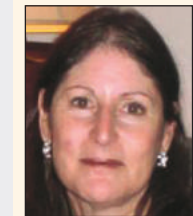
Preliminary Results of an Internet-based Survey

Kyra Swick, Vivian Sisskin, M.S., and Nan Bernstein Ratner, Ed.D., University of Maryland, College Park

Last spring, in response to the many e-mails we received after discussing clients with atypical fluency profiles, we asked interested clinicians to answer some survey questions. Our goal was to explore how frequently clinicians encountered

clients with obvious fluency concerns that did NOT appear to be stuttering.

In this column, we present Part I of the responses we received and discuss our interpretation of your feedback. In this column, we address general feedback about how often clinicians see such "atypical" fluency clients and how these clients differ from the more typical clients who appear to fit more traditionally-defined characteristics of stuttering or cluttering.



Nan Ratner, Ed.D.



Vivian Sisskin, M.S.



Kyra Swick

appear to fit more traditionally-defined characteristics of stuttering or cluttering.

Results

A total of 220 clinicians responded to this survey but did not

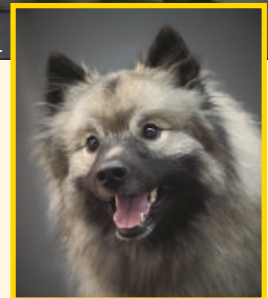
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Margaret Griffio and her dog Waverly.

Photo by Kraig Haver Photography. Special thanks to Alaska Dog Sports.

Wonders of Waverly



Animal-Assisted Therapy Dogs and Stuttering

By Greg Wilson

Meet Margaret Griffio and her dog Waverly — a beautiful two-and-a-half year old Keeshond. The duo make up a registered Pet Partners® team. They are among only a handful who currently provide fluency therapy to patients.

Margaret trained as a speech-language pathologist and attended The Stuttering Foundation's Northwestern Workshop for Specialists more than two decades ago. She lives in Alaska, where she has worked in hospitals, nursing homes and the public schools over the years. Now in retirement, Margaret offers volunteer fluency therapy in her home

one day a week.

"Those who come by for therapy know my dogs, and they love them," said Margaret. "Some years ago, I was working with a young man with Down syndrome. He was very disfluent. I had an old Siberian Husky named Flint who made such a difference during our time together."

"People are judgmental, dogs aren't. And those who struggle with fluency know the difference."

— Margaret Griffio

Margaret realized that one of the main reasons dogs worked so well with her patients was their inherent non-judgmental nature. "People are judgmental, dogs aren't. And those who struggle with fluency know the difference."

When Margaret was working in schools, she often brought dogs to meet with children. "The connection was immediate," she added.

In 2013, Margaret decided she

Continued on page 6

Media Awards Salute Press

The winners of the Stuttering Foundation's 2015 Awards for Excellence in Journalism were announced October 22 during International Stuttering Awareness Day.

"Journalists are an important part of our effort to spread the word about stuttering," said Jane Fraser. "This year, we are honoring a number of outstanding writers whose work has a lasting impact on the stuttering community."

The 2015 awardees are: Podcast/Streaming Video

First Place: Amy Matthews of Forces.TV for her report, *My War with Words*.

Second Place: Peter Reitzes of StutterTalk.com for his podcast, *Many in the Stuttering and SLP Communities Speak Out Against Australian Funding Proposal for "One Size Fits All" Treatment*.

Newspapers/Magazines

First Place: Jeff Seidel of the Detroit Free Press for his column, *Donavon Clark's Story of Stutter Heard Loud and Clear*.



Matthews



Reitzes



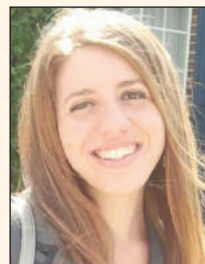
Ruse



Bailey



Seidel



Freedman



Wang



Cosentino

Second Place: Allie Freedman of the Baltimore Jewish Times for the article, *Beyond the Stutter*.

Third Place: Leslie Ruse of the Daily Record for the article titled, *Morristown Woman Helps Kids Find Their Words*.

Internet Blog/Website/E-publications

First Place: Issac Bailey of MyrtleBeachOnline.com for his

blog titled *A Black Man and A White Boy, Bound by Speaking Disorder*.

Second Place: Amy Wang of OregonLive.com for her article titled *When Your Toddler Stutters: What to Know, When to Worry*.

Third Place: Dom Cosentino of NJ.com for his column, *Jets Cornerback Ellis Langster Opens Up About His Stuttering*.

Translations Quadruple Outreach!

As of this year, Stuttering Foundation materials have been translated into 39 languages!

Most recently *Advice for Those Who Stutter* was translated into Polish thanks to Stuttering Foundation workshopper Katarzyna Wesierska and *Straight Talk for Teachers* is now in Albanian thanks to the hard work of Burim Azeri.

The 39 languages include French, Spanish, Italian, Flemish, German, Swedish, Danish, Japanese, Vietnamese, Chinese, Cambodian, Thai, Lithuanian, Korean, Arabic, Icelandic, Finnish, Persian, Zulu, Czech, Slovak, Russian, Slovenian,

Bosnian, Croatian, Serbian, Turkish, Hindi, Hebrew, Sinhala, Tamil, Kinyarwanda, Afrikaans, Swahili, Polish, Norwegian, Albanian, Portuguese, and Macedonian.

Many of the translated resources are available free on our website at www.StutteringHelp.org/translations. Spanish materials are available at www.tartamudez.org.

Each year, more than 410,000 brochures and 792,000 e-books are download from our websites by people around the world.

The Foundation is truly a global resource, distributing printed materials annually to people in 136 countries.

Survey *Continued from front page*

respond to all questions, thus denominators vary by question. Given the way we recruited information, there was an obvious response bias for clinicians to fill in the survey if they had, in fact, seen clients with unusual fluency behaviors, and so only 21 of 220 (less than 10%) did not report such cases.

We believe that our results would clearly have been different had we directly contacted a random sampling of clinicians, even if that sample had been chosen from a cohort of fluency specialists. However, from the general profile of response, many clinicians are seeing fluency-disordered clients with atypical or “confusing” profiles.

Prevalence and Client Demographics

When asked if clinicians had seen clients with unusual fluency profiles that do not appear to be developmental stuttering within the past three years, the most commonly reported profile was a “neurotypical child with atypical disfluencies such as word- or clause final repetitions of sounds or segments (e.g., “play-ay”, or “I am going to play a game—ay a game”) - 67%, 133/199.

This number was actually an underestimate, as a number of respondents picked “other” profiles and then modified this category to report that they had seen such behaviors, but that they also included intrusive glottal stops, /h/, silent blocks, or other sound insertions.

This category was closely followed by “a child with non-struggled stutter like behaviors that seem to emerge under language formulation problems” - 65%, 130/199 total responders.

Please note that respondents could pick more than a single client profile.

The next most frequently reported case was that of “children or adults with autism spectrum disorder showing atypical disfluencies such as those previously described” - 54%, and therefore consisted of a large subset of the first two reported categories.

Of these atypical disfluency profiles, clinicians reported an average of 3.19 clients with language formulation or stress dis-

Geographical information was available for a total of 210 respondents. Responses were representative of each region of the United States — Northeast, Midwest, South, and West.

<i>Respondents are from:</i>	Others-20:	Mexico
New York-14	Argentina	Peru
Wisconsin-13	Brazil	South Africa
Minnesota-11	Canada	South Korea
Texas-10	England	
California-10	Italy	
	Jordan	

fluencies (144 responses), 2.28 neurotypical clients (129 responses), and 2.78 clients with ASD (109 responses).

Almost 20% of respondents reported disfluencies in bilingual or ESL clients that seemed hard to differentiate from developmental stuttering. A much smaller proportion (8%) reported seeing adults with language formulation disfluency and another 18% reported “other” profiles of disfluency that did not appear to be stuttering. We are still reducing the extensive commentary provided by almost 60 respondents who talked about particularly challenging cases, and hope to be able to discuss these issues in an upcoming newsletter.

There were 199 respondents to this question; SLPs reported seeing a total of 457 individuals with atypical fluency profiles, an average of 2.3 per respondent.

Some isolated reports discussed clients with acquired profiles following trauma or medication; the majority of cases that clinicians described involved cases that were particularly challenging because the client did not appear disturbed or handicapped by the fluency problem, while others in the child or adult’s environment found the behavior sufficiently problematic to recommend assessment and/or intervention.

Trends in Evaluation and Assessment

Much of the response discussion detailed what assessment methods clinicians used in dealing with these referrals and various approaches to treatment. We are still reducing these data and will report it in an upcoming column.

How typical is “atypical” disfluency?

To borrow a phrase from Sisskin & Wasilus (2014), “atypical” profiles of fluency disorder appear to have been “lost in the literature, but not on the caseload.” While we acknowledge that only clinicians who were particularly motivated to report such cases responded by going to our linked study, almost 200 individual clinicians reported seeing such challenging cases and generally bemoaned the lack of guidance on how best to understand why their clients had speech production fluency problems, and wanted to know how best to differentially diagnose and treat them. Our modest conclusion from this portion of the survey is that such clinical conundrums are more frequent than our traditional clinical training has led us to believe.

Reference

Sisskin, V., & Wasilus, S. (2014). Lost in the literature, but not the caseload: Working with atypical disfluency from theory to practice. *Seminars in Speech and Language*, 35(2), 144-152. doi:10.1055/s-0034-1371757



Public Service Ads Reach New Heights

The Stuttering Foundation has been able to spread the word about stuttering thanks to local, regional, national, and international publications donating space for our public service ads (PSAs).

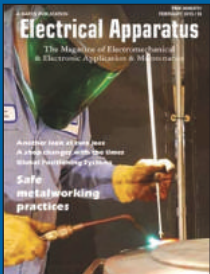
During 2015, full-page PSAs have appeared in the *Globe*,

OK Magazine, the *National Enquirer*, and *Soap Opera Digest*.

PSAs have also been featured in *Family Fun*, *Better Homes & Gardens*, *AARP Magazine*, *Star*, *Time*, *AARP*

Bulletin, *New York Post*, *Philadelphia Daily News*, *National Examiner*, *Learning Magazine*, *Family Circle*, *Home & Away*, *South Jersey*, *People en Espanol*, *Gold Clipper*, *In Style*, *San Antonio Our Kids*, *Memphis Parent*, *South Carolina Living Co-op*, *Muscular Development*, *Bottom Line Health*, *Guitar World*, *Country Living*, *Penny Saver*, *New Jersey Magazine*, *Woman's Day*, *Bee Culture*, *Racer X*, *Parade*, *Saturday Evening Post*, *Woman's World*, *Minnesota Parent*, *Shopper's News*, and *Electrical Apparatus*.

A big thank you to all those involved in running our PSAs!





Nancy Gee with two of her furry friends.

- Dr. Nancy Gee and her colleagues at the State University of New York, Fredonia, have been investigating the impact of therapy dogs on typical and language-impaired preschool children¹.
- The results of a number of studies indicate that the presence of a therapy dog is beneficial to learning, but may be particularly beneficial to language-impaired children.



Waverly *Continued from front page*

need-
ed another dog
and found Waverly.
The two became a regis-
tered Pet Partners® team
when Waverly turned one, working in nursing homes, visiting univer-
sity students along with the campus mental health teams, counseling
veterans with PTSD, and working with anyone experiencing crisis.
Pet Partners® is the national organization that demonstrates and pro-
motes animal-assisted therapy, activities and education. Its
teams interact with a wide variety of clients: veterans with
PTSD, seniors living with Alzheimer’s, students with literacy chal-
lenges, patients in recovery, people with intellectual disabilities and
those approaching end of life.
“Waverly has become such an asset to me in my fluency work.
When talking to Waverly,
speakers of any age cannot
fail,” she says.
“Waverly makes
great eye





- For example, they have found that when the dog is present, children follow instructions better and have better memory and categorization performance compared to when a stuffed-dog, or a human are present.
- The language-impaired children appear to receive a bigger boost in performance in the presence of the therapy dog compared to typical children. Research of this nature

provides an evidence base, demonstrating the effectiveness of therapy dogs in these settings.

- Dr. Gee is a member of Pet Partners' Human-Animal Bond Advisory Board.

1. For a review of this work see: Gee, Fine & Schuck (2015). Animals in Educational Settings: Research and Application. In A. Fine (Ed.), Animal Assisted Therapy: Theoretical Foundations and Guidelines for Practice 4th Ed. New York, NY: Academic press.



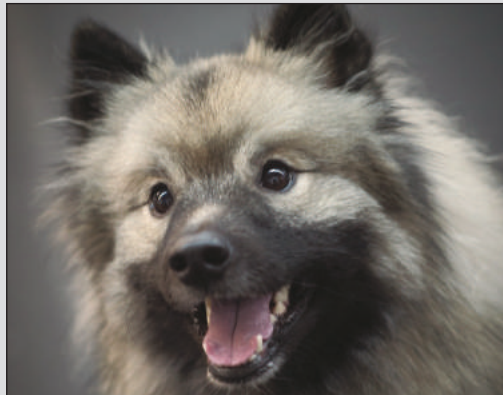
contact, is very patient and is always comforting. Anyone can give her directions, which she will follow. And most importantly, there is no time pressure. She is happy to wait for the complete command.”

Because of her experience with Pet Partners and in animal-assisted therapy, Waverly is becoming a National Crisis Response Canine. “It’s quite a unique distinction for her,” said Margaret.

Margaret also believes that Waverly’s calm disposition is very appealing to those in pet-assisted therapy. “I always tell people, ‘Don’t worry about mistakes.’”

Waverly will also respond to gestures, so some patients can supplement their verbal directions to give better clarity. But for Margaret, the true beauty of such a wonderful companion is quite simple. “To Waverly, words are important but fluency isn’t.”

For more information on animal assisted therapy, visit <http://scitechconnect.elsevier.com/animal-assisted-therapy-dr-dog/>



News from Around the WORLD

Rwanda



Stuttering Foundation materials have been translated into Swahili and distributed in Rwanda, reports Dieudonne Nsabimana of the African Stuttering Centre.

“The children were so excited by the booklets and those booklets brought them happiness,” Nsabimana said.

During Stuttering Awareness Week, Nsabimana said his group’s main activity will be equipping the school libraries with booklets on stuttering that have been translated into Swahili.

“This helps the children and teachers to have the materials available, which makes it easier for them to develop knowledge about stuttering,” he said.



These are pictures from a conference on stuttering that took place in Chile. The event was covered by local newspapers and TV outlets.

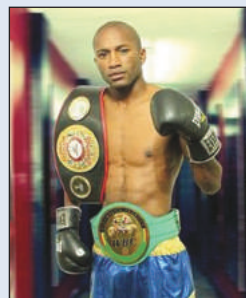
Gonçalo Leal and Anelise Bohnen, president of the Brazilian Fluency Institute, helped organize the event. Barry Guitar, Ph.D., participated in the conference via video conferencing.

Chile

Peru



Jose Alberto Paredes and Nelly C. Ching organized a conference in Lima for International Stuttering Awareness Day in Lima, Peru.



Boxer Carlos “Mina” Zambrano, a person who stutters, shared with the audience his life story; and he motivated everybody to fight in order to reach their dreams.

Zambrano won the WBC Featherweight championship in August 2015 in Peru.

Poland

Stuttering Foundation workshopers Katarzyna Wesierska and Agnieszka Mielewska were speakers during a conference held by the Polish Stuttering Association. Barbara Jeziorczak delivered a speech about the Michael Palin Centre and its approach to stuttering treatment.



Botswana

Boago Victor Ratshoswane and the Botswana Stuttering Association provide resources for stuttering.



United States



A two-day workshop that provided training on the methods of Acceptance and Commitment Therapy (ACT) was held in September in Boston. The workshop was sponsored by The Stuttering Foundation and Boston University.

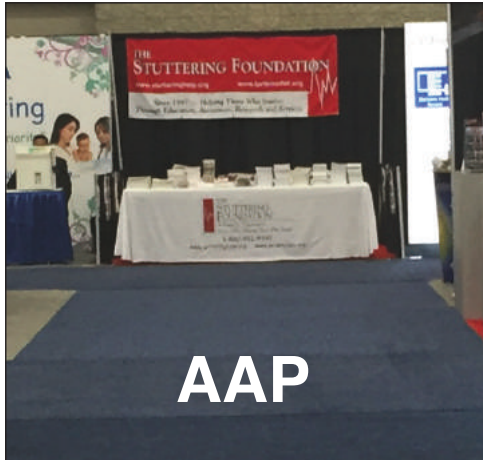
The workshop was led by Carolyn Cheasman and Rachel Everard.

ACT is a mindfulness-based approach, offering a clear and practical way to work on developing psychological well-being which is both useful to our clients and to us as SLPs.

ACT has a large body of empirical evidence to support its effectiveness and is relevant to work with a range of SLP client groups, both adult and pediatric.

The two major goals of ACT are acceptance of experience, which is out of personal control and taking committed action towards living a valued life. A central message is that we do not need to get rid of fears and anxieties before starting to lead the life we want – we can get on with it right now. Many SLPs identify increasing acceptance as fundamental to long-term change: we describe strategies that ACT uses to cultivate acceptance and to encourage behavioural change. The specialism of the trainers means that examples given during the training will be stuttering-related. However, there will be the opportunity to explore the application of ACT to a variety of clinical populations.

Reaching Pediatricians Worldwide



The decked-out Stuttering Foundation booth takes center stage at the American Academy of Pediatrics National Convention.

Stuttering Specialist June Campbell represented The Stuttering Foundation at the 2015 American Academy of Pediatrics National Convention held in Washington, DC, Oct. 24-27.

The convention was attended by more than 9,000 pediatric professionals, and a new record was set when more than 180 signed up for The Foundation's mailing list.

As always, June does a fabulous job of educating physicians about Stuttering Foundation tools, information, and resources that physicians can share to make a real difference in the lives of their young patients.

On the road again...



OSSPEAC, the Ohio conference for school-based speech-language pathologists and educational audiologists, was held in Columbus this past October.

"We were able to reach out to the needs of some new SLPs as well as help build the libraries of some who were already familiar with The Stuttering Foundation," said Patty Reed, who worked the booth for The Stuttering Foundation.

A First!!

Mandy Williams did an incredible job of introducing Stuttering Foundation materials to a new audience — SLPs in South Dakota.

The South Dakota Speech-Language-Hearing Association held its conference Oct. 1 and 2 in Sioux Falls.

South Dakota



Mandy Williams talks with SLPs.

Stuttering is OK! Because what I say is worth repeating.



Help for children who stutter is as close as the library.

Reaching New Heights at Convention

The American Speech-Language-Hearing Association held its annual convention in November in Denver.

The Stuttering Foundation was there with resources for the more than 14,000 attendees.

Nearly all of The Foundation's books, DVDs, T-shirts, posters, and brochures sold out during the three days in the Mile High City.

To help spread the word about stuttering, attendees were given pencils that say "Sometimes I Just Stutter" with The Stuttering Foundation's website, www.StutteringHelp.org.

The top sellers this year were the books *Sometimes I Just Stutter* and *Wendi's Magical Voice*, the DVD *All Grown Up*, the workbook *Working Effectively with Attitudes and Emotions*, and the popular T-shirt that says, "Stuttering is OK because what I say is worth repeating."

A big thank you to our volunteers: Rick Arenas, Risa Battino, Kim Bauerly, Vianne Bjornberg, Anthony Buhr, Courtney Byrd, Kathleen Chase, Geoff Coalson, Susan Cochrane, Robyn Croft, Joe Donaher, David Evans, Rodney Gabel, Sandra Garzon, Zoi Gkalitsiou, Sheryl Gottwald, Tom and Maria Gurrister, Susan Hamilton-Burleigh, Elizabeth Hampton, Caryn Herring, Kia Johnson, Robin Jones, Ellen Kelly, Elaine Kelman, Melissa Kokaly, Kim Krieger, Judy Kuster, Megann McGill, Sharon Millard, Katerina Ntourou, Charlie Osborne, James Panico, Ryan Pollard, Peter Ramig, Kathleen Scaler-Scott, Steffi Schopick, Vivian Sisskin, Joanne Summer, Maureen Tardelli, Nancy Thorn, Rita Thurman, Jim Tsiamtsiouris, Glenn Weybright, Mandy Williams, and Wendy Wingard-Gay.



Reunion Celebrates 30 Years of Workshops



100,000+ Friends on Facebook!!

Here are some recent comments from our friends.

What tips would you add to be more fluent during a presentation?

Tim: I have been speaking to graduate students enrolled in Communicative Disorders Programs at several universities for the past 20 years. I am honest and up front with these students while sharing my life as a stutterer. I always maintain eye contact as I deliver my speech. I use several controls which helps to maintain my fluency. The most important thing is that I do a lot of voluntary stuttering which adds impact to my 75 minute speech. I feel that my speeches help them to better understand this disorder and hopefully it will enable them to become better SLPs.

Rhiannon: I've learned that trying to hide it will only lead to unnecessary disappointment in yourself and possibly embarrassment when your "secret" is unraveled. My first speech in my college speech class was about stuttering and stutterers, which ended up making my following speeches less nerve wracking since the cat was out of the bag from the very beginning!

John: As a person who stutters and as a person who gets paid to speak at conferences, I've learned a few lessons on

presenting. I shared my lessons recently. These lessons include:

1. Advertise your stutter.
2. You are in control.
3. The audience wants you to succeed.
4. The audience will pay more attention to you.
5. It's less what you say and more how you say it.

7 tips for parents of children who stutter

Tim: The worst moment ever was in the sixth grade. I had to do a report on the Louisiana Purchase, and I couldn't get "Louisiana" out of my mouth. I went over and over, and I ran out of the classroom crying and ran home.

Bruce: I can relate to Tim. I stuttered really bad in school. I'm 62 now and there was very little help for stuttering back in my day! I was always told slow down take your time when speaking. It did not help. It's so hard to explain to anyone who can speak without problems on what it's like to not be able to say the words!

Anne: Thank you for doing this. My son is 8 and stutters a lot. We are working with him and amazing therapists but he is still struggling so it's nice to see real people and their stories.

Early intervention is important.

Amy: Early intervention was

the blessing for my son, but so many families aren't aware of the resources available.

Lindsay: My wife and I took our grandson at age 5 to Temple University School of Speech Pathology in 1989. He is now a successful Mechanical Engineer with no sign of ever having stuttered. I saw his problem back then, because I am a person who stutters and have since age 3, now 83. Speech pathologists are the BEST!!!!

Anita: My Bellarina at 5 has come a long way with her speech pathologist and I know she is destined for the greatest things.

Bruce Willis discusses his stuttering, "It was crushing for anyone who wanted to express themselves, who wanted to be heard and couldn't."

Sheila: I have grandkids who have stuttered. Thankfully, they've gotten help. Thanks, Bruce.

Edgar: What a true inspiration. I didn't even know that he stuttered.

What can be done to reduce fear and tension?

Kamela: A lot of positive self-talk!! I remember the tools I've learned and use them and I know I'll stutter anyway, so just be heard!!

Find us on social media



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StutteringHelp.org/blog

An Historic Figure Who Stuttered

Cotton Mather, a prominent figure in U.S. history, rose above stuttering to achieve success. The Puritan leader of colonial America is considered one of the most prolific writers in American history.

Mather, who lived from 1663 to 1728, is the most well-known New England Puritan minister. A native of the Massachusetts Bay Colony, he was known not only for his theological writings, but he was also famous for his support of and involvement with the Salem witch trials. His involvement in the witch trials later was cause for him to be denied the presidency at Harvard, an institution of which his father, Increase Mather, had been president. He was not shy about infusing his own political beliefs into his religious writings. Mather was the first high-profile person in the New World to promote inoculation for disease prevention; in 1713 his wife, his newborn twins and his two year-old daughter died in a measles epidemic.

The 1978 biography, *Cotton Mather: The Young Life of the Lord's Rembrancer 1663-1703*, by David Levin addresses Mather's stuttering, "He learned to control his stammer. It

continued to embarrass him during his advanced years in college, and the thought that it might recur terrified him occasionally when he first began to preach a few years later."

Mather's speech was further examined in *The Life and Times of Cotton Mather*, a 1984 biography by Kenneth Silverman, which stated that

Mather's stuttering exposed him to ridicule, made him highly-self-conscious, and highly sensitive to criticism of what he said.

As could be expected in Puritan society, he viewed his stuttering as punishment for his pride. In asking God for improvements in his speech he vowed not to reach after improvements too high for him. He developed his own "RULES OF SPEECH," which included a new way of speaking with calculated deliberation as well as other quirky speech techniques. Silverman's book states,

"Cotton seemed to have brought his stutter under satisfactory control a few months short of his twenty-first birthday, when he thanked God for 'miraculous Freedom of my Speech'. Yet it recurred later in life and his speaking seems to have become permanently marked by 'much Deliberation.'"



To read about other famous people who stutter featured in past newsletters, please visit our website at www.StutteringHelp.org/CelebrityCorner



Marc Anthony



Emily Blunt



Byron Pitts



Bruce Willis



Sam Neill



Rowan Atkinson



Paul Young



Sophie Gustafson



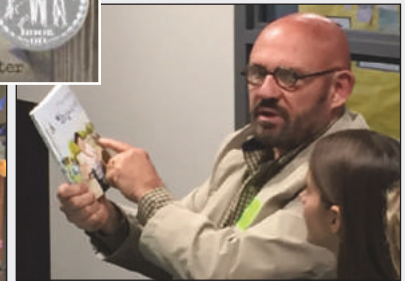
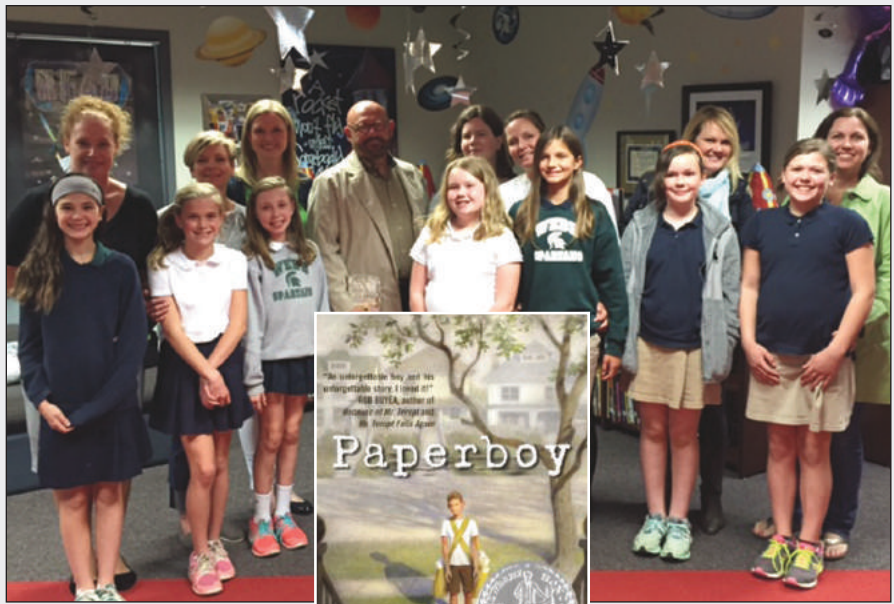
Lazaro Shares His Story

Former *American Idol* contestant Lazaro Arbos shared his story and performed his newest song in October at Central Michigan University, Mt. Pleasant, MI. The event was part of the university's 15th Annual Stuttering Awareness Week.

In addition to speaking and singing at the university, he met privately with parents and children who stutter and spent time at a middle school and an elementary school, where he visited classrooms and spoke during assemblies.

The Stuttering Foundation donated materials for the events, including the Famous People Who Stutter mini-poster that features the singer.

You might recall Arbos was one of the finalists from the 12th season of the popular TV program. He was featured on the cover of the summer 2013 newsletter.



Vince Strikes Again!

Major award-winning author Vince Vawter spoke during the May 1st meeting of the 5th grade mother-daughter book club at Webb School in Knoxville, TN.

"Our girls read his book, *Paperboy*, and were extremely excited to hear him speak," said Erica Butler, who hosted the event and has a daughter in the book club. "His story was so captivating that the girls could not stop asking questions. His stuttering never deterred the girls. In fact, he gave them tips on how to comfortably give speeches to any

size group. Mr. Vawter engaged those girls beyond anything I could have imagined."

For his time, our book club decided to honor him by making a donation in his name to the Stuttering Foundation.

Butler continued, "We would like to say thank you to Mr. Vawter for opening our eyes, minds, and hearts to a world that many of us know nothing about. Spoken words must not be taken for granted and we hope that our small contribution can make a difference in one child's world."

Dear SFA:

Send letters and signed parent permission to:
The Stuttering Foundation
P.O. Box 11749 • Memphis, TN 38111-0749
or e-mail info@StutteringHelp.org

Art Teacher

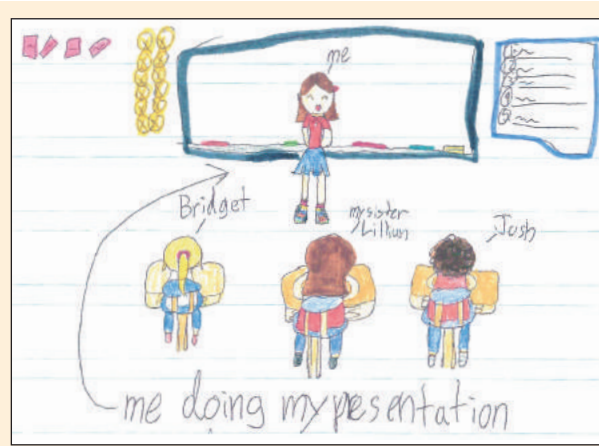
Hi, my name is Alyssa. I am 10 years old. When I grown up I want to be a teacher and teach people how to draw pictures. My speech is doing good. I use chunking.
*Alyssa, 10
Ontario, CA*

Starting Off New

Hi, my name is Kelly and I'm 11 years old. I stutter a lot, and I mean a lot. Sometimes it annoys me, but I get over it. Well, next year I'm headed off to middle school. I'm nervous but excited. The thing I'm most worried about is stuttering since I'm coming from a small elementary school with one teacher to a middle school with six teachers. I feel like my stuttering will affect me during each period. But, I'll remember to use my strategies. I'm still continuing speech therapy there, and it will help me completely. But being a stutterer is nothing bad; it's just part of who you are, not all of who you are.
*Kelly, 11
Ontario, CA*

Why Do We Stutter?

My name is Aimar and I am 8 years old. I live in Concord, North Carolina. I go to Weddington Hills Elementary School. I like playing soccer and video games. And football. When I stutter I feel embarrassed and nervous. My speech teacher is Mrs. N. She had a student teacher named Mrs. H. My speech teacher helped me a lot. If other kids laugh at you, just worry about yourself. Speech techniques I use are deep breath and stop and start over. And pausing. She helped with those speech techniques. I have questions: Why do people stutter? Do other people



My name is Jacqueline and I'm in 4th grade with 11 other people. I take speech therapy at school and at the Carls Center. I work on my speech, and I work on presentations, and then I tell the class all about my speech and not to leave when I am talking and not to finish my words. Then, after I am done, people understand the way I talk and afterwards I am proud.
Jacqueline, 9, Mt. Pleasant, MI

who speak different languages stutter?

*Aimar, 8
Concord, NC*

Editor's Note: We don't know exactly why people stutter. There are a lot of things going on when we speak and it all has to work together at just the right time. People who stutter may be processing language in a different part of the brain than people who don't stutter. For some people, but not all, stuttering might be in their genes, like brown eyes or curly hair. People stutter in all languages.

You Can Help

Hi, my name is Christian. I am 8 years old and go to Weddington Hills Elementary School in Concord, NC. I have been stuttering since as long as I can remember. I think my stuttering has gotten better. When I remember my stuttering techniques, my stuttering

goes away. I use pacing, easy onsets, stop and start over, and light contacts. My advice to other kids who stutter is to try and remember some techniques when you stutter. If someone is making fun of you, then that is bullying and go tell a teacher that someone is picking on you. If someone that you know is stuttering, remember that you can help them.

*Christian, 8
Concord, NC*

I Don't Care if I Stutter

My name is Hayden and I am 8 years old. I live in Concord, North Carolina. I go to school at Weddington Hills. I like to play video games. I stutter when I'm worried. Speech therapy has helped me. I practice a deep breath, think before I speak, and easy onset. I started stuttering in Kindergarten. I don't care if I stutter. Just think that you don't stutter. What can I do to help other kids who stutter?
*Hayden, 8
Concord, NC*

Editor's Note: Helping other kids who stutter is easy – give them time to finish what they are saying and don't "walk" on their words. They know what they want to say, so don't finish their words for them!

I Like Speech

My name is Joe. I am 8 years old. I like to play video games and play on the computer. I live in Concord, North Carolina. I like to stop and start over and I like speech because I like to play games and go to the treasure box. Speech helped me stop and start over when I stutter. I think I started stuttering when I was almost one





year old. Are there more than 1,000 kids all over the world who stutter?

Joe, 8
Concord, NC

Editor's Note: There are over 70 million people worldwide who are impacted by stuttering!

I Feel Sad

My name is Majandra and I am nine years old. The school that I go to is Weddington Hills. I live in Concord, North Carolina. I feel sad when I stutter. Other kids make fun of me and only my family and friends know what I'm saying. When I stutter I have to stop and start over. I also practice light contacts and easy onsets. Mrs. N taught me how to work on my stuttering. I like to draw pictures that scare my little brother and I sometimes draw pictures of Inuyasha and Powerpuff Girls. I like to go to speech because I get to meet other kids who stutter.

Majandra, 9
Concord, NC

We Had a Field Day

Hi, my name is Christopher and I am 12. I live in Concord, North Carolina. I like sports and my favorite food is Chinese food. The most I stutter is when I'm talking out loud or sometimes when I talk to my friends. I sometimes get picked on when I stutter but my mom says not to worry about it but it's been a rough couple of years for me. So then I started taking speech and I had many different teachers, but my two best are Miss. H. and Mrs. N. My first speech teacher was Miss H and she was a nice speech teacher. I had her in third grade. She was very nice. One day she let us have a type of field day where she let us go outside and she asked the PE teacher to have a volley ball game. Boys vs.



Stuttering are words.
But that cannot bring you down.
It depends on you.

Katherine, 5th grade, Round Lake, IL

girls, and girls beat us by 3 points. Mrs. N. let us have an ice cream party and that was pretty cool. My speech strategies are deep breath, stop and start over, pacing, and light contacts. I have a question: How many years have you been doing this program and do people stutter in different languages? My advice for people is your best option is to go to speech to help.

Christopher, 12
Concord, NC

Editor's Note: The Stuttering Foundation was created in 1947-that's 68 years ago! Stuttering is a communication difficulty, so no matter what language you grow up speaking, you can still stutter. People all over the world ask us for information in dozens of different languages from French to Portuguese to Swahili to Chinese!

You're Not the Only One

Hi my name is Antonio. I'm 9 years old and I'm in 4th grade. I like to play soccer, football and baseball. I get so mad and sometimes sad when kids make fun of me because I stutter. Once I got so mad

that I broke my pencil in half. I think if someone makes fun of you, you should just go and tell your teacher or your mom when you get home. I like to use easy starts, pausing and phrasing and eye contact. My advice to you is to start with an easy start and always have eye contact.

Antonio, 9
San Diego, CA

It Shouldn't Bother You

Hi! My name is Tomas. I am 9 years old. I live in San Diego California, and I'm in 3rd grade. I used to stutter sometimes. I don't usually do it now but I used to. I would usually say um or stuff like c-can or I-I. It didn't bother me, but sometimes because of it, it could make me sort of shy in some places. But when I started to go to speech class, I wasn't that shy anymore. But it shouldn't bother me, and it shouldn't bother you either.

Tomas, 9
San Diego, CA

Speech Therapy Helps

I am in the third grade and my name is Eli. Stuttering doesn't bother me. Sometimes I can control it. Sometimes it lasts a long time. Whenever I do control it, it's great. I also have trouble with my "s" sounds. I go to speech therapy and it helps me a lot.

Eli, 9
Pascagoula, MS

Stand Up for Yourself

My name is Colin and I like to play sports. I started stuttering when I was in first grade. Stuttering is bad because people make fun of you. One of the tools I use is a slide. I like it because it is the easiest to use. My advice to you is to stand up for yourself and don't be afraid.

Colin, 12
Norman, OK



Hi, my name is Lawrence and I am 7 years old. I live in Maryland and I am in first grade. I like to swim and play baseball. I like to come to speech therapy because it helps me with my stuttering. I have learned to speak louder and slower.

Lawrence, 7, Rockville, MD



Hi! My name is Lyel and I am 6 years old. I live in Maryland and I am in kindergarten. I like to play with my toys and friends. I like to go to speech therapy because it is fun. Speech therapy helps me with my bumpy and smooth speech.

Lyel, 6, Rockville, MD



My name is Noah, and I'm 7 years old, and I'm in 1st grade. I usually stutter with bumpies, stucks, and that's all. For stuttering, there is bumpy, there is stretchy, there is stuck, and there is tight, and there is loose. The tools are: take a deep breath, there is pullout, and there are easy starts. My favorite tool is pull-out, and I stutter just a bit. My speech teachers are Mr. Brandon and Mrs. Robyn.

Noah, 7, Argyle, TX

Letters

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Most People Don't Care

My name is Francisco and I am 10 years old and in the 5th grade. I started stuttering when I was 4. My speech therapist has been teaching me to use my ERASM. Now by using my ERASM, I'm not nervous or scared to talk to people. I also like to play basketball. Now I know that it's OK if you stutter. I have realized that most people don't really care if you stutter when you're talking to them. I'm very thankful to my therapist because I know I won't have any problems in the future dealing with my stuttering.

Francisco, 10

Miami, FL

Editor's Note: Francisco's SLP tells us that ERASM stands for Easy Relaxed Approach Smooth Movements.

Just Go with the Flow

My name is Sean and I am 8 years old. I am from a suburb of Buffalo, New York. I stutter when I talk too fast. I am in speech class and my teacher is helping me to stutter loosely and not to be too tight in my speech. We also use easy speech and cancellations. I am now working on

pull-outs. Stuttering is fine, don't try to fight it. Just go with the flow.

Sean, 8

Buffalo, NY

My Speech is Better

Hi, my name is RJ. I am 8 years old and going into 3rd grade. I like to play on my iPad and play video games on X-Box. Sometimes I play outside too. My speech is getting better. I've been going to speech for a long time. It helps when I slow down or start over.

RJ, 8

West Deptford, NJ

Overcome Together

Hi! My name is Natalie. I am 13 and I stutter. When I was in 5th grade at Townville Elementary, it was my first time going to speech. Sometimes people made fun of me. When I told my speech teacher, she talked to my homeroom class. When I was in the 7th grade at Riverside Middle School I was in speech again and I made lots of friends. I started learning things to overcome my stuttering. Also when I was in the 7th grade my speech teacher told me about Bailey, who stuttered just like me. When I heard about her we started sending notes to each other in

order to communicate. This year I'm in the 8th grade and she is in the 7th grade, and we can overcome our stuttering together.

Natalie, 13, 8th grade

Pendleton, SC

Don't Hide Your Stutter

My name is Bailey and I stutter. I first noticed that I stuttered back in kindergarten, and I've been going to speech ever since. At first I tried to hide it because I didn't know anyone who stuttered. Over the years I realized that I shouldn't try to hide it because it's what makes me special. Then last year I moved. My new speech therapist is super nice and she even had a student (at the middle school) who stuttered. Today I'm in speech with her, and Natalie's one of the first friends I've made at the middle school. So you shouldn't try to hide your stuttering. You should accept it because it makes you unique.

Bailey, 12, 7th grade

Pendleton, SC

Everyone is Different

Hi, my name is Emma and I go to Beaver Creek Elementary School in Oregon. I am eight

years old in third grade. I like to climb trees and play with my dogs and cat. I think I started stuttering when I was six or seven. I stutter the most in the middle of the day, sometimes when I'm excited. What I've learned in speech to help me is use a breathy voice and to be calm and relaxed. Everyone has something different about their speech.

*Emma, 8
Oregon City, Oregon*

Use Easy Talking

I am Letrelle. I am 9 years old. I live in Sterling Heights, Michigan and I go to Havel Elementary. My speech teacher calls stuttering "hard talking." When I go outside and play with my friends they ask me why I stutter. I say it was like a problem and I just hard talk. I am scared to say some big words because I feel like I am going to stutter and everyone will make fun of me. But now I go to speech and only sometimes I hard talk a little. My speech teacher taught me robot speech, turtle speech, breathing out and easy start. My speech teacher said there are three kinds of speech, hard, easy and regular. When I play with my friends they do not make fun of me because I use easy talking and not as much hard talking. I like to play video games. I also like to read. Speech class is awesome!

*Letrelle, 9
Sterling Heights, MI*

I'm Going to Do My Best

My name is Michael. I am 9 years old. I live in Sterling Heights, Michigan. I go to Havel Elementary school. I will tell you some things we learned in speech class. We learned easy talking, relaxing, robot speech and turtle speech. My speech teacher

is very nice. We play some games in speech. We play Guess Who. I had to use my easy techniques during all the time we played the games. I love to play baseball. My hard talking does not stop me from playing baseball or does it stop me from talking to my friends. I like to read to myself to fall asleep. I am going to do my best in speech and in school.

*Michael, 9
Sterling Heights, MI*



My name is King. I go to 2nd grade and I am 8 years old. I started to work on stuttering in Kindergarten. I learned my speech machine and I made a speech toolbox. My first tool I cut out was my speech machine. Then I learned about the slide, pull-outs, and pausing/phrasing. My favorite tool is pausing/phrasing because I get to read. My speech tools help me when I stutter. My mom and dad think I am a good writer and drawer of super heros. I play video games.

KingCharles, 8, St. Paul, MN

My Head Held High

I always stutter
They look at me
Something wrong they ask
Words come out like a broken radio
People laugh

I feel embarrassed
I want to dig myself a hole in Earth's core
Where no one can hear or see me stutter
Every time I talk I blush
It's a battle that can be won
My head held high
And I say hello anyway

*Alyssa, 16
College Station, TX*

Love Yourself for Who You Are

My name is Carly and I am 10 years old. I am in 5th grade and I stutter. My favorite things to do are softball, art, and P.E. My best friend is Korina. I started stuttering when I was in Kindergarten. I go to a speech teacher, Miss M., at my school. Coming to speech has helped me. What helps me with my stuttering is finger taps. I also practice stretchy sounds. Stuttering makes me feel stuck and out of breath. It also makes me feel frustrated. My advice to other kids who stutter is when you talk, slow down. Remember, love yourself for the way you are.

*Carly, 5th grade
Columbia, PA*

About Me

Hi my name is Russell and I am 11 years old and I am in the 6th grade. I started stuttering when I was 5 years old. My strategies are deep breathing, eye contact, wait time, pausing, turn talking, easy beginnings, pull-out, cancellation, fake stutter, easy repetition, sound stretch. The best strategies for me are cancellation and pausing. In my 5th grade year I gave a speech on prosthetics. I play four sports. I play baseball, basketball, football, and last but not least wrestling.

Russell, 6th grade

Sweet Home, OR

I Practice!

Hi, my name is Matt and I'm 8 years old. I don't stutter as much

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Editor's Note: We attempt to answer every child's letter personally so please include a contact name and postal address for either a parent or the SLP of the child along with your submission to Joan at info@stutteringhelp.org. Thank you!

Letters

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now. When I go to speech therapy I feel a lot better. In speech therapy, I like playing speech games; they are really fun and help me learn. When I use phrasing and stretching they help me the most, because they make my talking smooth. When my speech teacher talks, she sometimes stutters and I try to catch her. I hope the stuttering goes away and I can speak easier, because I practice!

Matthew, 8

Westminster, CO

Mom is Biggest Supporter

Hi, my name is Timia. I'm 13 and I live in Milwaukee, Wisconsin. I've been stuttering ever since I was four years old. The thing I hate about stuttering is, it's like my words are trapped and they can't get out. My mom is my biggest supporter. She always tells me that just because I stutter it doesn't mean I can't be what I want to be. I'm in 7th grade and I love science and my favorite color is blue. I hope and pray that I get better at stuttering. My speech teacher tells me to talk slowly, and that it really helps to take a breath and start again when it feels like I'm going to stutter.

Timia, 13

Milwaukee, WI

Easing In Helps

My name is Michelle. I'm 12 years old and I'm in 7th grade. I like to play video games, hang with my friends, and learn at school. I started stuttering in kindergarten at the age of 5 or 6 years old. I stutter a lot in my family. My family members hardly stutter. I go to speech therapy at school. The strategy I use

that I like is "easing in" (when you take a breath before you talk). I hope the other kids use it to help them because it helps me.

Michelle, 12

Pittsburgh, PA

Be Patient

My name is Ian and I am in fifth grade. I like to sleep and watch

make my speech more smooth. I can use these techniques when I am sharing a report in front of the class and get nervous. My advice to other students is to be patient when they see a kid stuttering.

Ian, 5th grade

Gilbert, AZ

Do a Presentation!

Hello my name is Bella. I live in Harrisburg, Oregon. I started stuttering when I was 4 or 5 years old. When I stutter, it helps when I stop and take a break. This week, I'm doing a presentation about stuttering for my class. We are going to talk about what kids can do to help if they know someone or have a friend who stutters sometimes. I did a presentation when I was in 2nd grade and now I am in 4th grade. Maybe you can do a presentation too some day!

Bella, 10

Harrisburg, OR

I'm Working On It

Hi. My name is Audrey and I'm ten years old. I've been stuttering for about two years. But I just started speech last year. Speech class isn't that scary. When I first started, I didn't have that much confidence. I wouldn't participate because I was afraid I would stutter. Now still sometimes I stutter, but my stuttering doesn't stop me when I want to say something. I keep on going. I got used to going to speech

class and used to my speech teacher and, the "tool" that helped me the most was just feeling more comfortable with stuttering and knowing that it is okay. My advice for kids who stutter is, don't let



My name is Soleil. I am in 2nd grade and I am seven years old. I used to go to Pre-K and I worked on my stuttering. In my toolbox I have: wait time, pausing and phrasing, pull-outs, slide and decreasing rate. My favorite tool is pull-outs. This summer I am going to teach my sisters about my speech machine because I am an expert! I like to color and play games with my sisters.

Soleil, 7, St. Paul, MN

YouTube videos about super heroes. I started stuttering in second grade. I go to speech to work on my stuttering. I have learned to use a slow and steady rate of speech and to cancel my stutters to

anybody stop you or make fun of you for your stuttering or your speech. Tell them, “You could have problems too with speech, and I’m working on it.”

*Audrey, 4th grade
Middletown, DE*

I Have Tools to Help

My name is Paradis. I am 8 years old and I sometimes stutter. I have tools to help my stuttering. Some of them are easy onsets, downshifts, light contacts, and slow motion. I work with speech therapists to help my stuttering. If you stutter too, you could use some of my tools. My favorite sport is basketball, and my second favorite sport is ping-pong. I have seven friends. If you are reading this, I really thank you.

*Paradis, 8
Newport, VT*

Teasing is Rude!

My name is HayDen and I like to play football and basketball. I am in fifth grade and my favorite subjects are reading and math. I don’t stutter when I read or sing but I do stutter when I get excited or nervous. I stutter when I talk with my friends too. Sometimes kids at school make fun of my stuttering. I really don’t like when people tease me. When they do that, I tell them to stop because I don’t like it (and it’s rude!). My speech therapist tells me that when I stutter, I need to slow down, take a deep breath and plan what I want to say. This strategy really works!

*HayDen, 10
Hickory, NC*

I Am Learning

My name is Oswaldo and I am in 4th grade. I like to go to school and play outside. I like to play soccer and football with my



Hi, my name is Anna, I’m 10 years old and in fourth grade. I’m a furry, which is a fan of animals and wears costumes of animals. I stutter most of the time. When I get frustrated I start to use my tools. One tool is easy starts. Sometimes I draw.

Anna, 10, Raynham, MA

friends. My favorite foods are salad and fruit. I speak in Spanish and English. When I talk too fast, I get blocked and my friends tell me to breathe. I am learning the different kinds of stuttering and how to slow down and control my speech muscles.

*Oswaldo, 9
Hickory, NC*

I Practice Magic Tricks

Hi! My name is Tyler and I stutter. My strategies are stretch it out and slow down. My favorite sports that I like to play are baseball, basketball and soccer. I like to play football, too. My uncle used to pitch for the Chicago White Sox. I am practicing doing magic tricks. That is all about me!!

*Tyler, 11
Walnut, IL*

A Lego Architect

Hi, my name is Adam. I am 10 years old. I am in 5th grade. I go to speech therapy two times a week. We work on techniques like go

slow, stopping and starting over, and rhythm and preparation. I have no clue when I started stuttering. My stuttering gets frustrating when I go to a new school because people would make fun of me and I did not like that. When I grow up I want to be an architect – not just any architect, but a Lego architect. Have you ever gone to Lego Land? Well, if you have, I want to build one of the giant Lego structures in front of the building. I want to make one some day.

*Adam, 10
Eden Prairie, MN*

Going Slow with the Flow

My name is Cameron and I’m in 5th grade and I’m 10 years old. I go to Prairie View Elementary. I go to speech therapy two times a week. I get very frustrated when I stutter mainly because my family and people at school tease me a lot. I made a saying, “Going slow with the flow.” I have no idea when I started to stutter. My problem is talking too fast – that’s when I start to stutter. My father used to stutter, and still does a little bit. I don’t feel bad or good about my stutter. I really want to be a volleyball player or an artist.

*Cameron, 10
Eden Prairie, MN*

Never Be Afraid!

Hi, my name is Oscar and I stutter. I am in grade 5. I’m 10 years old. I started stuttering when I was 3 years old. I go to Prairie View Elementary. I used to get made fun of a lot. When I grow up I want to be an actor. Just because you stutter does not mean you can’t raise your hand or talk in front of the whole school. Just because you stutter doesn’t mean no talking. I was in a school sing

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along and in the middle people have to walk up in front of the whole group and say “And Calicos too” which is a type of cat. I spent a long time to say it and I said it perfectly. That’s why you should never be afraid!

Oscar, 10

Eden Prairie, MN

Just Stay Strong

My name is Camilla and I want to write about how people treat people who stutter. Sometimes they might treat you as if you didn’t even stutter. If you worry about how your friends will treat you, take my advice and know that once you tell them, they won’t mind. But

just know that there will always be kids who just don’t understand that it’s something that you shouldn’t mind and will treat you mean, but just stay strong and don’t mind them.

Camilla, 9

Chalfont, PA

You’re Not the Only One

My name is Nick but my real name is Nickmiguel. My friends call me Nick at school. I just want you to know that you are not the only one who stutters. Unfortunately, it happens that I too stutter. But, I just wanted to tell you that it is OK to stutter. Most kids stutter like you, but it is OK to stutter because most of my friends stutter too. I have 6 friends but you know what? Let’s just make that 7 friends now!

Nick, 9

San Diego, CA

Do Not Worry

I am 10 years old and my name is Eric. We have something in common: I stutter like you sometimes. But do not worry, it is OK to stutter. If you keep saying “I cannot do it” you will actually feel worse than



Hi, my name is Gracie, and I stutter. I like piano, dance, voice lessons, field hockey, lacrosse, and basketball. My favorite strategy to use is cancellation, and it doesn't bother me when I stutter. I usually stutter at home the most. My speech teacher's name is Miss Bridget and she is AWESOME!!!!

Gracie, 10, Woolwich Twp, NJ

you are feeling. Also if someone makes fun of you, do not worry, just say, “Come back when you stutter better than me!” Have a very nice day, and do not let anyone make fun of you. Also, do not forget that we have something in common!

Eric, 10

San Diego, CA

Use Strategies

Hi, my name is Aniar. I am 8 years old and in 3rd grade at Riverside. My favorite sport is football and basketball is next. I started stuttering when I started talking. My stuttering makes my speech bumpy and sometimes makes it hard to get all of my words out. I go to speech and I think that it helps a lot. In speech we talk about different strategies to help make our speech smooth. The strategies I use are deep breaths, pull-outs, cancellations, slow speech, and easy starts.

Aniar, 8

Menomonee Falls, WI

We Save the Day!

My name is Spencer and I live in Alexandria, VA. I stutter when I talk fast. My speech teacher, Ms. Amy, teaches me how to slow down when

I talk. When my subject is exciting, I talk fast. When my subject is dull then I talk slower. We’ve been working on methods to slow down. Some of them are pause, cancellation, pull-out, and easy beginnings. We also use a metronome to help me slow down.

My stuttering is sometimes REALLY annoying.

When I talk to my friends and I stutter, they usually just walk away or start talking to someone else when I’m trying to fix my stutter. I think when you stutter you have to stop, think about what you want



to say, then you say it slowly. “People who stutter have a lot to say, in the end they save the day!”

Spencer, 10

Alexandria, VA

Comfort Zone

Hi, my name is Isabelle and I am 11 years old. I am a gymnast, runner, pianist, and tennis player. Knowing all that you might think it’s easy for me to talk to other people, but it is not. I’m not a very social person or I



don’t consider myself as one. I go to a private school and in our classroom discussions my teachers always ask for volunteers to read out

loud, but I rarely volunteer. I don’t like speaking and I don’t like to talk to other people unless they’re my friends or family. Overall I hate talking outside of my house. Speech therapy has helped me get out of my comfort zone, but I’m not fully ready to raise my hand frequently in class yet. Some of the things I’ve been working on in speech therapy are some basic strategies such as: pull outs, easy beginnings, pausing,

and cancellation. You might be familiar with these strategies, and they have helped me out a lot with talking to my friends and family. Speech therapy has helped me out a lot with talking to my friends and family and I can't wait to work with my therapist over the summer. In conclusion, taking speech this year has helped me take control of my stutters and has helped me read more fluently without all the tension. I hope this letter has given you an inside to my life and how speech therapy changed me and the way I speak. I love speech therapy and look forward to it making a difference in my speech every week.

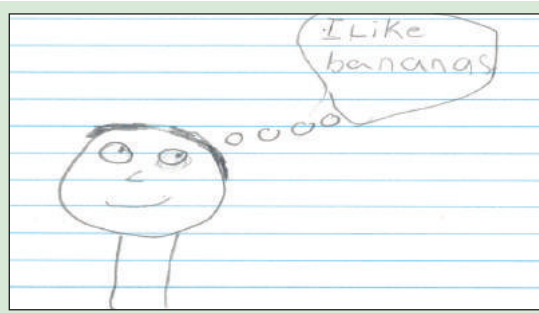
*Isabelle, 11
Alexandria, VA*

I Really Don't Like It

My name is Addison. I am 10 years old and I stutter. I really don't like it but I do it anyway. I have a question for you: Is there any treatment for stuttering because I hate stuttering and my mom and dad and everybody I know tells me to stop and slow down and I hate that. It makes me stutter even more. And also: What is a hereditary tendency?

*Addison, 10
Jennings, LA*

Editor's Note: Addison, you are right that being told to slow down can make things harder for you. Slowing down does help, but you already know that and do the best you can. We tell others "Don't make remarks like: 'slow down,' 'take a breath,' or 'relax.' Such simplistic advice can be felt as demeaning and is not helpful." Instead we suggest people listening more 'fully' and



My name is James. I have been stuttering for four years. But I stopped when I was nine. Bet you guys think it is impossible but it's true. What helps is to take a deep breath and think about what you will say.
James, 9, Randolph, VA

give you the time you need. For some people, but not all people who stutter, there may be a genetic factor involved. For those people, having other family members who stutter may give them a hereditary tendency – it may be in their genes like brown eyes or being musically talented or athletic.

I Speak Two Languages

Hi, my name is Andrew. I am 11 years old. I am in 6th grade. I can speak 2 languages; English, and Fujianese. I think I started to stutter and clutter when I was 4 ½. I am learning how to not stutter and clutter. One thing I use to help my stuttering is to stop, reorganize my thoughts, and speak. Another thing I use to help myself is to be breathy so I don't run out of air. One thing that helps my cluttering is to speak slowly and pause between words, phrases, and sentences.

*Andrew, 11
South Setauket, NY*



No Idea Sound

Hello, my name is Tyler and I'm in fourth grade. I have stuttered nearly my entire life. Reading the other kid's letters I have decided to write my own. My most difficulties are at the start of a word, which are usually vowels that I get stuck the most on. Some of my techniques are: easy start, air first, connect with air. One of my troubles is the "No Idea Sound" (or N.I.S.) which is a choking sound I get on mostly vowels.

Maybe you could publish my letter for other kids to see.

*Tyler, 9
Tulsa, OK*

Do Not Bump

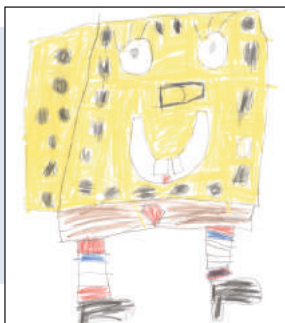
Do not bump and do not fix it up. They're hard to control, but you will do them. If you practice you will bump less often.

*Spencer, 7
Merion, PA*

I Like the Way I Talk

Hi there, my name is Andrea. I am in 4th grade. I am in speech because of my stuttering. I kind of like the way I talk because my dad always says that I am special. And I think so too. I started to talk like this since I was 2 years old. My speech teacher teaches me some strategies. Some are turtle speech, keep moving, relax muscles, easy starts, and light contact. The one that helps the most is turtle speech. People like the way I talk and that is why I feel so special. I have made a newsletter of stuttering with my friend Raul. But he has graduated. One day I'll be next. We presented our newsletter to our

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Hi, my name is Tyson and I'm 8 years old. I'm in 3rd grade. I go to Sebeka School. I have a mild stutter. I've been working on my speech for a few years. I do belly breathing, easy beginnings and pausing. I like to do reading, math and fishing. If someone gets stuck on a word, just stretch it out.

Tyson, 8, Sebeka, MN

Letters

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class. I like speech because we play games and get stickers. And my dad always tells me that I am going to get better with my stuttering. And I think so too.

Andrea, 9

Oklahoma City, OK

That is How I Stutter

My name is Royce and I stutter. I have been stuttering since I was 3. Then at the age of about 4 or 5 the stuttering stopped for about a year. But when I was 6 it came back.

When you stutter the best thing is for everyone in your class to be aware. So, I made a presentation for my class my sixth grade year telling them all about stuttering and how it works. After the presentation my class was more aware. Then my seventh grade year lots of new kids came to my class so I did another presentation. It is easy to give my presentation because there are only 17 kids in my class.

I live in a small town in Montana called Lambert. There are about 200 to 300 kids in my school. And that is how I stutter.

Royce, 13

Lambert, MT

Find a Quiet Place

Sometimes when I get scared or excited I stutter a lot. I help by breathing or by using bouncy speech. I also help myself by practicing my speech tools. Kids used to bully me because I stutter. When that happened I would find a quiet place where I could take a deep breath. If you stutter it might help you to stop and take a deep breath.

Ethan, 10

Box Elder, SD

Give Me a Chance

Hi, my name is Jacob and I'm in 2nd grade. I stutter a lot!! I like to go on the swings and play with my brother. I started stuttering when I was 5. Last year in 1st grade, I gave presentations to my school to teach my classmates and teachers how to treat people who stutter. I told them



My name is Luke and I am 9 years old. When I stutter I feel both angry and scared. I feel scared because I am afraid people will make fun of me. I feel angry because in my head I scream "JUST GET THE WORD OUT!!!" When I am reading a book aloud that's when I feel afraid because other kids hear me. I feel angry when I am trying to say an important speech and the words won't come out. Just for extra information I am in the fourth grade and also I have a mom, dad, and younger sister and a shy hermit crab. I meet with the speech teacher Mrs. S and she helps me with my stutter. And, as always, Peace Out.

Luke, 9, Haddon Township, NJ

about some of the techniques I use (bounce, slide, tongue touch, breathing, sing-song), what to do when I stutter, and nobody knows what causes stuttering. My speech teacher helps me with that. I want to remind people to give me a chance to talk when I'm stuttering. Stuttering is not really fun, but I do have a good life!

Jacob, 8

Mill Hall, PA

Hitting the Nail on the Head

When I stutter, I feel like a nail and my repetitions are the hammer.

Michael, 9

Philadelphia, PA

Stuttering in School

Hi, my name is Jasmine, I am 13 years old and I am in 7th grade. I go to Eisenhower Middle School. I have stuttered since I was in 6th grade. I've gotten much better since then (I also go to speech therapy).

I've learned different stuttering strategies to stop stuttering. A strategy that helped me was "thinking before you speak." When I think about the strategy before raising my hand in school, it helps me feel confident when speaking and I don't stutter when answering the question. Another strategy that I use is to "talk slowly" and to not rush when speaking. The more you rush, the more you stutter. I also recently learned about breathing techniques, in case you feel nervous when you are about to present in front of a large group of people, breath before you speak. That technique has helped me a lot and it will help you feel less stressed out, and feel more confident. Also, when doing presentations you must talk as slow as you can. The more you talk slowly, the less you stutter.

Jasmine, 13

Freehold, NJ



My name is Moriah. I am 8. I'm getting better with my speech. I use soft jaws, soft teeth, soft lips, and soft tongue. Sometimes I stutter when I'm talking too fast. I'm good at cartwheels. Cartwheels are kind of like stuttering — if you mess up the first time like bumpy speech, then you get it right the second time, it's like smooth speech.
Moriah, 8, Austin, TX



My name is Keona. I am 9 years old. I love to draw pictures and read. I stutter and I have speech class. I breathe in and talk. Sometimes I get stuck on a word that I can't get out. I love pizza. I stuttered since Pre-K. I stutter sometimes. An example: "I I I love pi-pizza." I got stuttering from my granddad. That is all about me.
Keona, 9, Richmond, VA

My name is Zayinnah and I am 9 years old. I started stuttering when I was 6. When I stutter, I feel like I am a car that is stuck in a bumpy road and I can't get my way out.
*Zayinnah, 9
 Philadelphia, PA*



My name is Alexis. I am 9 years old. I started stuttering when I was 5 years old. I started going to speech therapy this year. When I stutter, I feel like I am getting hit in the face with a door. Speech therapy changed my life because now my family can understand me.
Alexis, 9, Philadelphia, PA



Stuttering makes me feel like I am a cheetah that is stuck in a mud puddle.
Kion, 9, Philadelphia, PA

Letters

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Hi! My name is Kara. I am 9 years old and I am in 4th grade. I started stuttering at age 6 or 7. I have a hard time getting my words out. I stutter mostly when I am stressed or nervous. I feel very uncomfortable talking to teachers at school. The reason I feel like that is because they only give me a certain amount of time to say what I need to say. If I take too long to say something, they will finish my sentence for me. I don't like it when people do this. I want to try to get my words out without any help. This is part of my battle with stuttering.

My biggest dream is to grow up and become a famous and a well-known singer. When I sing I don't stutter. I think it is because I practice the song over and over again and have it memorized. If you have something memorized then you are less likely to stutter. If I don't become a singer I would like to become a speech therapist like my mom.

I have been going to speech for almost a year and have learned many interesting facts about stuttering. Did you know



stuttering affects 4 times as many males as females? Stuttering also often runs in families. No two individuals who stutter, stutter the same way. People who stutter are normally fluent when speaking in unison, whispering, or singing.

Another battle I have with stuttering is being bullied. If someone is teasing you because you stutter, I'd tell them, "You know what, I do stutter. I am in speech trying to fix it. So stop

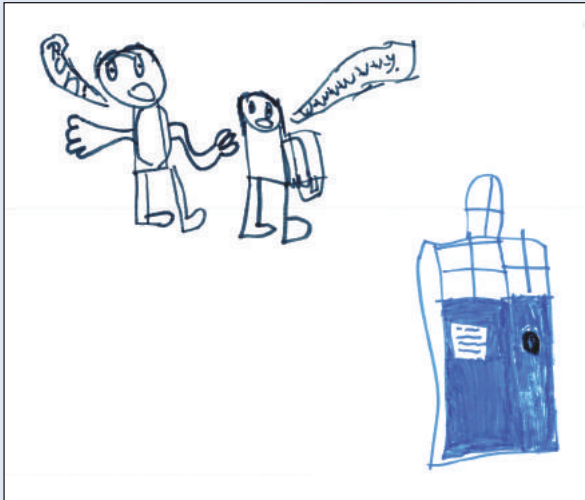
bullying me." The reason why I would say that is because I want to stick up for myself and not lose the stuttering battle. Some days I feel like stuttering won, and others I feel like I beat my stutter. If you stutter too, I hope you try hard to win. I encourage you to use my advice for stuttering and just remember don't let your stutter win. You can win this battle! Believe in yourself!

Kara, 9, Katy, TX



My name is Maryah and I am from Texas and I don't like when people ask me why I stutter. But I tell them anyway. I tell them it is the way I was born. Then they ask again and I explain what stuttering is. But I have strategies to help me not stutter. When people make fun of me, my friends and teachers stick up for me. Here is a secret. When you sing you don't stutter. There are two parts of your brain – the left side and the right side. The left side is your speaking and the right side is your singing. The left side has a road from your brain to your mouth and if you stutter you have cracks in the road. The right side of your brain is your singing and you don't stutter when you sing so the right side of the brain's road to the mouth is fixed up with no cracks.

Maryah, 9, Denton, TX

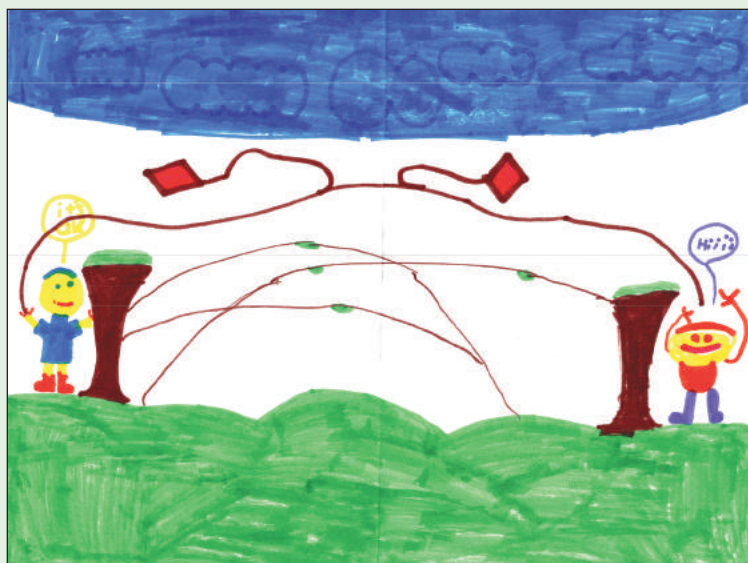


Hi! I'm Lucas and I'm 9½ years old. I am in 4th grade. I started to stutter when I was in Kindergarten. I go to speech therapy at school and also in Coral Springs. I have some strategies that work for me: cancellation, tapping out my words, and super slow speech. I'm good at soccer and I'm also good at video games. Don't listen to what other people say about your stuttering.

Lucas, 9½, Pembroke Pines, FL

Hi! I'm Sebastian and I'm in 4th grade and 10 years old. I started to stutter when I was 6 years old. I am going to speech. A lot of people make fun of me but I just say I do not understand you or I just ignore them. Some strategies that help me are that you can tap out your words and calm yourself down. I am good at mixed martial arts and drawing. I'm a pretty cool kid even though I stutter.

Sebastian A., 10, Pembroke Pines, FL



Hi! I'm in 2nd grade and I'm 8 years old. My name is Sebastian. I started stuttering when I was 4 years old. I go to speech because I stutter. I use these strategies to help with my stuttering: take a deep breath, easy start, tap out your words, and cancellation. I'm really good at math and running and also doing my homework. There are four boys in my speech class. It's ok that I stutter. Don't listen to what people say about your stuttering.

Sebastian P., 8, Pembroke Pines, FL

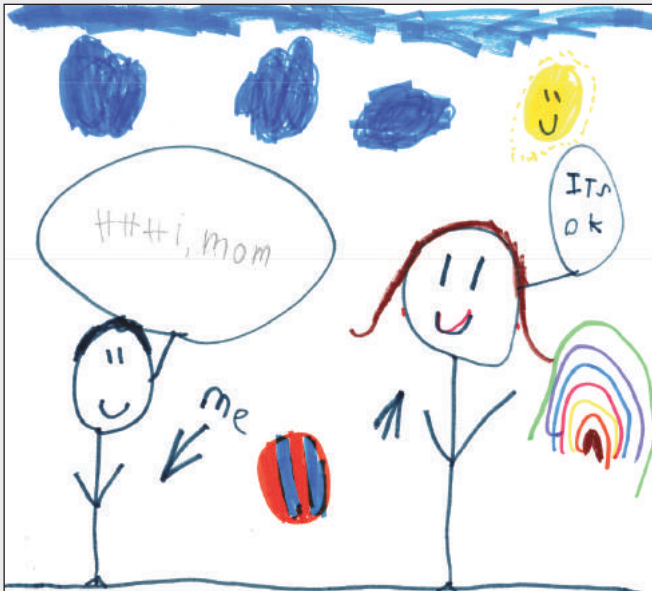
Letters

Continued from page 25



My name is Rebecca and I am ten years old. I have been stuttering since first grade. When I was young and I got bullied, I would usually stay away from other kids who were mean. If people bully you just ignore them. You could get your feelings hurt by them, but stuttering doesn't make you that different from everyone else. It's not a big deal. Everybody has something that makes them unique, stuttering makes me unique. Don't let other people get in the way of you being you.

Rebecca, 10, Box Elder, SD



Hi! I'm Max and I'm 7 years old. I am in 1st grade. I started to stutter when I was 4 or 5 years old. I go to speech because sometimes I stutter. It is fun to learn new things. I stop, take a deep breath and talk. Mrs. H. helps me with my stutter. I'm good at running and I like to play a lot. It is fun to play and I am good at catch. It's a fun game. It is ok if I stutter.

Max, 7, Pembroke Pines, FL



Hi! I'm Samantha, I'm 10 years old and I am in 5th grade. I started to stutter when I was 5 years old. I go to speech therapy with my speech teacher Mrs. H. One strategy that could work for you is take a deep breath. Some strategies that work for me are super slow speech, stop, think, and talk, and easy start. When I stutter I feel embarrassed. I have been made fun of once but it was not that offensive. I am best at super slow speech and take a deep breath. So it's ok to stutter like I do.

Samantha, 10, Pembroke Pines, FL



Hi! I'm Michael and I'm 8 years old. I am in 2nd grade. I started to stutter when I was in kindergarten. I like to go to speech at school. I have 4 boys in my speech group. We work on tapping out our words and stop, think, and talk. I like to play the piano. I like to play the flute. I like to play the trumpet. Don't listen to what people say about your stuttering. Keep practicing!

Michael, 8, Pembroke Pines, FL

Stutter

A poem by Logan Elle Ryan

I sharpen my sword, my tongue, to speak
And lunge into the bitter brawl
A vowel snickers between my cheeks
Mind races forward.... Mouth stalls.

The room's eyes watch and wait for sound
Years of training all for naught
Technique and linguist tricks abound
Forgot in phonetic onslaught

Thoughts swirl, search for a similar word
A synonym with a glottal stop
Perhaps Elision—the same sounds slurred
Fortition—approximant-to-plosive swap

I strike a blow, impale the gut
Diaphragm punch and soft 'h' assist.
The vowel tumbles in diphthong cut
First sound—hated enemy—vanquished.

But fallen foe is quick replaced
Soft consonant parries with riposte
Tongue tries to stab word out in haste
But, assaulted, turns back on its host.

There should be rhythm to my tone
Instead I wield a sporadic sword
'Tip of the tongue' is my combat zone
Whole body shaking with the force

With pounding pulse and jerking head
I lunge-swing-slash with final blitz
Through fumbling sounds the foe is dead
But mute mental melee always persists

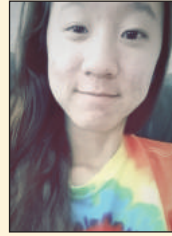
They offer cures in sincere attempt
'Just enunciate,' is what they say
Yet few could sense my own contempt
For the lifelong battle to say my name

We attempt to answer every child's letter personally so please include a contact name, postal address for either a parent or the SLP, a phone number, and a letter from the parent giving permission to publish the letters and drawing. You can e-mail the letters and drawings to Joan at info@stutteringhelp.org.

"Call Me Suzy"

By Christie Lee, 17

The Starbucks cashier looks up. I'm taking too much time. Lips fluttering flip flops slapping the floor with every shake of the foot. I hear a girl whisper to her friends in line behind me.



"Well?" he says, staring. "Do you not know your own name?"

It feels like years pass before I manage to force out, "S-S-Suzy. C-Call m-m-me Suzy."

I lied. My name is Christie. But I have too much trouble saying my own name.

My speech impediment, or stuttering, has been with me since age four. It literally blocks my speech; in other words, my mouth hangs open trying to force the words out, but no sounds are heard. The silence that ensues is deafening, impossible to ignore, and humiliating, experiencing it in every conversation I have. I feel sorry for the people I talk to, wanting to apologize for how my eyes twitch and how my mouth distorts into harsh shapes and how my legs shake with every word I botch. If I do stutter, I laugh it off. Laughing can hide the shame, embarrassment and frustration, even though it is the last thing I feel like doing.

Every day comes with its ups and downs, whether it's talking with a friend or teacher, participating in classes, calling out substitutions in soccer, or even saying my name to a stranger. The reactions range from people smiling and assuring me that they have plenty of time to people ordering me to "spit it out." The range of my accompanying moods is just as varied, from moments of inspired confidence to hopeless thoughts and bouts of depression.

That mess was me one year ago.

I never realized that for the past 10 years of my life, I have been hiding from my worst fear, not ready to face it head on, too hopelessly angry at it to really stop and think. I was discontent with how I felt, wanting to be myself and talk freely without worry. But I have realized I cannot hide my stutter. It is a part of me, it is who I am, a central piece of my identity. And I have learned so much from this disability. Though the term "disability" is defined as a "lack of adequate power, strength, or physical or mental ability," it has done just the opposite as well. It has taught me resilience, patience, even confidence knowing that I have experienced the worst. It has gifted me with trust, knowing I am with the ones who love me the most and accept me for all my impurities. It has helped me realize that most leadership positions require few words. I lead by example, not by talking often or ordering others around. It is sufficient, maybe even better than leading by words, and I have been pleasantly surprised at how much I can do despite the blocks in my speech. And lastly, it has helped me learn about myself, learn who I am in the most difficult of situations, know that I am persevering, tenacious. I may stutter, but I refuse to solely let that define who I am. I am so much more than that.

Little by little, I open up my heart to speak. Every day, I participate more in class, chat with my friends, introduce myself to new people, order my favorite green tea latte with soy milk and no whipped cream at Starbucks. The reactions are the same: comforting smiles, blank stares, insensitive comments. It's how I react to them that has changed.

Not anymore. You're a big girl now. Fight back the tears, keep your head up, don't be ashamed, this is you. Don't give up. I know it's hard, but don't give up.

Teaching Monroe to Stutter

By Glenn Weybright

You never know what will come your way when you get up in the morning. One day in November, 2014, I was contacted by a representative of a Portland, Oregon theatre company, Portland Center Stage, about consulting with an actor who was going to play a character who stutters. The play was *Three Days of Rain*, by Richard Greenberg, a Pulitzer prize-nominated playwright, written in 1997.

The character was Ned Janeway, a brilliant young architect who stutters, and the actor was Silas Weir Mitchell. In Portland and nationally, Mitchell is one of the stars of the filmed and set-in-Portland hit NBC TV detective show *Grimm*. On TV, he plays a half human, half wolf-like fairy tale creature called a blutbad. Monroe, the character's name, helps the leading character, a detective, solve crimes.

I met Mitchell a few weeks later, an actor in his 40s and was immediately impressed. He listened patiently to my preemptive speech aimed at the stage and film stereotypes about stuttering: how most stuttering is not caused by emotions or anxiety or pain but certainly results in all those. How, unlike those individuals portrayed on the stage and movies, the vast majority of people who stutter are not sociopaths or weaklings or misfits or mentally slow or unstable. They are just people with a brain-based communication disorder who talk in a different way. I told Mitchell I was not interested in just teaching him how people who stutter sound so he could put those sounds in his own mouth, but that I was very interested in his under-

standing the whole of stuttering. I had not finished my sermon when I noticed him nodding in assent. Mitchell said he couldn't agree more and was very interested in learning as much as he could about stuttering and about people who stutter, and that he had plenty of time since the fourth season of *Grimm* was winding down and the play would not be staged until May, 2015.

So we began. I saw Mitchell for six one hour meetings. I assigned

soak up as much of the experience of stuttering as I can and trust that Ned's genuine voice will emerge."

My wife and I got to see the play during the second week of its month-long run. The theater was full on a warm early June night in Portland. We sat through the first act and then met Ned in the second act.

I was a bit nervous as I waited for Ned to stutter. When he did, the stutter was natural and organic, not obtrusive and not blurring Ned's

character, fitting in, not overwhelming. I was very impressed. Silas had internalized the reading and viewing and study and with sensitivity created a very believable non-stereotyped character who happens to stutter. Clearly he had met Ned and realized that his stuttering was part of him but just a part: that he had a life to lead and emerging talents to hone and relationships to establish and a career to build. Silas Weir Mitchell

clearly understood that Ned's stuttering was just the way he talked and not a character flaw.

My joy in this project took two paths. First, I got to meet an actor who took stuttering seriously, who was genuinely interested in learning all he could, who treated people who stuttered with empathy and respect and who took seriously the task of learning all he could about stuttering to help him put flesh to the playwright's words. Second, for the first time in my career as a speech language pathologist, I got to teach someone to stutter.

One very interesting fact: When this play was premiered in the UK in 1999, the character of Ned Janeway was played by a young actor named Colin Firth. And we all know how that turned out.



Glenn Weybright (left) with actor Silas Weir Mitchell.

reading which he devoured, including the book *Stuttering: Inspiring Stories and Professional Wisdom* (edited by Peter Reitzes).

We looked at videos of many people who stuttered. I introduced him to several people in Portland, including Michael Turner, the young filmmaker / director of the documentary film *The Way We Talk*.

Together Mitchell and I attended a monthly meeting of the Portland chapter of the National Stuttering Association and I answered his many questions about the origin of stuttering. And we practiced stuttering, putting it in our own mouths.

Near the end of our work together I asked him how he thought Ned would sound. To paraphrase him, "I don't really know. I just need to

Catching Up with the Girl Who Stutters



The Girl Who Stutters is a new, free e-book available from the Stuttering Foundation that's perfect for young readers. Parents, grandparents, teachers, and SLPs should take note of this book for use with their elementary children, grandchildren, and students.

Starring Mia Johnson, *The Girl Who Stutters* is a collaborative project undertaken by two graduate students in Speech Language Pathology at Portland State University, Casey Watson and Becca Dunn, under the direction of Glenn Weybright. Glenn is Mia's SLP and an adjunct instructor at the University. Glenn wanted to help Mia be a little more open about her stuttering, and this book project provided just the right vehicle since it gave Mia a voice in talking about her stutter.

"I want this book to help other kids who stutter. I hope they feel happy after they read the book and less alone," wrote Mia in the forward to the book.

In the book, Mia's hobbies and interests, first experiences with stuttering, interactions with her family, and her first visit to a speech language pathologist are chronicled in her own voice, along with beautiful photos and drawings to help the reader imagine every detail about the central character.

In addition, the graduate students have included several worksheets and handouts for family and clinicians to use with young people who stutter.

In a recent interview, we learned that Mia was born in Bozeman, Montana, but now lives in Portland, Oregon. She loves to dance, bake, and hang out with her friends. She's attended speech therapy since second grade, but improvement in her speech really started to happen when she started working with Glenn.

When asked about her fluency today, Mia told us, "I have good days and bad days with my stuttering. I don't always like to use my tools because I feel like it's not my real personality. I know what tools to use and when. For example, I use 'easy onset' when I give speeches at school, but when talking at home or to my friends I just let myself be me."

Like many kids her age, Mia faces some challenges at school and in other social situations.

"The biggest challenge is meeting new people who don't know me and I have to explain that I stutter," she added. "Sometimes I have to confront people who make fun of me because they don't get it. It's not mean; they just have never met anyone that stutters before! There are some people that are just mean though. But everyone has issues, right?"

You're right, Mia!

Mia knows that sometimes it's hard to speak fluently.

"My biggest accomplishments are just everyday things, like ordering my food or getting a drink at Starbucks and not stuttering. Sometimes the people make fun of me when I order; I usually let it go."

Wow. We admire your courage and self-confidence, Mia! And thank you for sharing such a wonderful book with us.

To download the free e-book, *The Girl Who Stutters*, visit www.stutteringhelp.org/sites/default/files/TheGirlWhoStutters.pdf

www.StutteringHelp.org • 800-992-9392 • www.tartamudez.org



Using Cognitive Approaches with People Who Stutter

The Stuttering Foundation's Eastern Workshop is June 13-17, 2016, at Boston University. Workshop leaders are Elaine Kelman, MSc, Cert CT, Cert MRCSLT, and Alison Nicholas, MSc, BA (Hons), CertMRCSLT, of the Michael Palin Centre for Stammering Children. Conference coordinator is Diane Parris Constantino, M.S., CCC-SLP of Boston University.

The deadline to apply is March 25, 2016. Download an application at www.StutteringHelp.org/workshop-applications.

Treating Children and Adolescents Who Stutter

The Stuttering Foundation's Mid-Atlantic Workshop is June 13-17, 2016, in Philadelphia, PA.

It is co-sponsored by The Stuttering Foundation, The Florida State University, and The Children's Hospital of Philadelphia

Workshop leaders are Joseph Donaher, Ph.D., CCC-SLP, The Children's Hospital of Philadelphia; Lisa A. Scott, Ph.D., CCC-SLP, The Florida State University; and Vivian Sisskin, M.S., CCC-SLP, University of Maryland.

The deadline to apply is March 25, 2016. Download an application at www.StutteringHelp.org/workshop-applications.

Designing Coursework in the Nature and Treatment of Stuttering

This workshop for university faculty and doctoral students is May 24-27, 2016, in Iowa City, IA.

The workshop is co-sponsored by The Stuttering Foundation and the University of Iowa.

Workshop leaders are Lisa A. Scott, Ph.D., The Florida State University; Vivian Sisskin, M.S., University of Maryland; and Patricia Zebrowski, Ph.D., University of Iowa.

Deadline to apply is Feb. 29, 2016. Download an application at www.StutteringHelp.org/workshop-applications.

The workshop ***Demands & Capacities Model (RESTART) for Treatment of Pre-school Children Who Stutter*** will take place July 14-16, 2016, at Rotterdam Erasmus University Medical Centre, The Netherlands. It is organized by Marie-Christine Franken, Ph.D. and Ellen Laroes. For more information, e-mail restartdcm@erasmusmc.nl or visit www.erasmusmc.nl/kno/restartdcm.

The National Stuttering Association and the International Stuttering Association will hold a joint World Congress July 6-10, 2016, with a two-day clinical symposium July 5-6 in Atlanta. Visit www.weststutter.org or www.isastutter.org for more information.

The annual **FRIENDS Convention** will be July 28-30, 2016, in Columbus, OH. For more information, visit www.friendswhostutter.org.

Camp SAY is Aug. 2-16, 2016, in Hendersonville, NC. For more information, visit www.say.org.

Camp Shout Out is from Aug. 7-13, 2016. For more information, visit www.campshoutout.org.



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The Stuttering Foundation
was founded in 1947 by
Malcolm Fraser, 1903-1994

Read more about our founder, Malcolm Fraser, online at StutteringHelp.org/about-founder

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