



THE STUTTERING FOUNDATION

A Nonprofit Organization

FALL 2023

Since 1947... Helping Those Who Stutter



GETTING BACK TO **BASICS:** THE ABC'S OF STUTTERING

GETTING BACK TO BASICS:

IN THE ABCS OF STUTTERING, STUDENTS COURAGEOUSLY SHARE WHAT IT'S LIKE TO STUTTER, HOW IT MAKES THEM FEEL, AND HOW IT AFFECTS THEIR PARTICIPATION AT SCHOOL.

Check out our brand-new video for teachers and parents, students, and others too!

The beginning of the school year can be especially hard for students who stutter as they worry about talking and what others will think, say, or do. With the help of teachers, they can gain confidence in their talking and learning.

In *The ABCs of Stuttering*, students courageously share what it's like to stutter, how it makes them feel, and how it affects their participation at school. They provide clear ideas for teachers to use in the classroom.

The video includes lots of examples from the students' own experiences to help viewers understand the ups and downs of stuttering, differences in what might be most helpful for each student, how to support class participation and presentations and educate others including classmates, faculty, staff, and parents about stuttering.

A teacher who recently viewed *The ABCs of Stuttering* commented, "The students' honest sharing and practical suggestions give me confidence that I can help each student succeed".

THE ABC'S OF STUTTERING



A school speech-language pathologist shared, “I can’t wait to show this to the students I work with to find out how they would answer the questions in the video.”

How would you answer questions like:

How do you feel about stuttering?

How does stuttering affect class participation?

How can teachers help?

What should teachers do when they notice a student stuttering?

How should teasing be handled?

How can teachers encourage students who stutter?

***The ABCs of Stuttering* can be found at StutteringHelp.org/videos. Let us know what you learned and how *The ABCs of Stuttering* has been helpful to you.**

EASTERN WORKSHOP 2023:

The Stuttering Foundation's Eastern Workshop, led by Elaine Kelman and Ali Berquez from London's Michael Palin Centre, drew strong praise from SLPs attending the sessions at Boston University in June, giving high marks to both the faculty and content for the five-day event.

Workshop attendees came from Brazil, Canada, the Cayman Islands, Chile, Italy, Jordan, Nigeria, Peru and Portugal, as well as California, Georgia, Hawaii, Minnesota, New Hampshire, Ohio, Texas and Virginia to explore "Using Cognitive Approaches to Working with People Who Stutter."

"I gained a lot of competence, a lot of emotional and human support, and a new passion for our work and for families I have met and will meet. AWESOME!"

"Since 1985, the Stuttering Foundation has conducted these intensive workshops in order to increase the pool of speech-language pathologists trained in the latest techniques for the treatment of stuttering," said Jane Fraser, president of the Stuttering Foundation. "We are particularly excited that Ali Berquez and Elaine Kelman from the Michael Palin Centre in London once again led this year's training."

"This has been the critical missing link to my practice as a stuttering specialist. This course was easy to understand, and I can easily envision how I can implement it instantly when I go back home."

"Those who are selected to participate already have professional experience and are highly motivated," added Diane Parris Constantino, M.A., of Boston University, and coordinator of the Workshop. "Although the Foundation provides full scholarships, many give up their vacations or part of their income to attend. Our task is to provide a forum where they can hone their skills."

The Stuttering Foundation estimates that more than 80 million people stutter worldwide. It notes that the more than 400 past graduates of the Boston Workshop program have created a "ripple effect" back in their home communities as they continue to share their knowledge. Send us your workshop feedback at info@stutteringhelp.org. ***Sign-up for workshops can be found at: StutteringHelp.org/workshop-applications.***



"Very rich information and so much that can be applied to other cases we work with as SLPs beyond stuttering and into our everyday life."

"It is the best training that I ever attended. This experience has changed my life."



Group photo Eastern Workshop 2023 - names listed below from left to right. FRONT ROW: Diane Parris Constantino, Ali Berquez, Elaine Kelman, Caroline Brinkert **1ST ROW BEHIND THEM:** Sophie Archambault, Catalina Valer, Cynthia Rowe, Erin Papcun, Evi Pohl, Francesca Del Gado, Ebunoluwa Ogunyemi, Debbie Bennett, Sara Mendes, Mariana Nunes dos Santos, Zaineh Al Thaher, Summer Seymour **BACK ROW AGAINST WALL:** Luciana Contesini, Pamela Coulter, Arnaldo Carocca, Francesca Cima, Sarah Barron, Michael Campbell, Mandy Rodstrom, Kenzie Van Derwerker, Rebecca Pukpmin, Eric Strong, Annick Tumolo

EASTERN WORKSHOP 2023

continued



"(I appreciated the) insights on the importance of letting parents "lead" the therapeutic process and how to do it... which I had a very big interest in. It was an honor to be able to attend."



"Fabulous opportunity to be housed with other workshop participants to build professional relationships. Everything was 100% thought out and planned."

"It's a course that will not only help me with providing therapy for children who stutter, but for all of my patients with different challenges and needs."





WHY WE NEED

A BROADER VIEW OF STUTTERING

By Nan Bernstein Ratner, Ed.D., University of Maryland, College Park

If you remember your original “intro” text to communication sciences and disorders, it probably was divided into broad sections, such as speech, language and hearing. Indeed, that was the actual title of my own intro text. In such texts, stuttering was always covered in the section on Speech Disorders.

Separating speech, language and hearing was conventional for many years, including old record keeping of practicum and classroom experiences for ASHA certification, and is an example of what is now called “modularity,” the assumption that an ability or skill is encapsulated in some way, cognitively or even physically, as in a discrete area of the brain.

But few scientists these days are convinced of the modularity of speech, language or hearing – these skills overlap in major ways in everyday function. They are also increasingly documented as having impacts that overlap within individual disorders, such as stuttering.

Is stuttering a speech disorder?

Certainly, it involves speech. One hears the behavioral features of stuttering, which are present in the speech signal. But increasingly, stuttering has been shown to have features that intersect with language: recent literature shows rather compellingly that children who stutter tend to have less good language skills, that adults who stutter find some language tasks more difficult than their non-stuttering peers do, and that both adults and children who stutter appear to process language differently than fluent peers, as measured by brain responses, even when passively listening to well-formed and poorly formed utterances.

Some studies suggest that the strength of language abilities at first diagnosis may predict which children recover spontaneously, with less good language skills associated with a risk for persistence. As in many other disorders, being diagnosed with one communication impairment, such as stuttering, carries elevated risk for having a second disorder, such as language or phonological delay/impairment.



Even if we prefer to consider stuttering a motor movement disorder, its features are not confined to the speech system: both adults and children who stutter find it more difficult to learn and master not only novel sequences of sounds but gestures such as tapping a rhythm as well.

Speech motor coordination in both children and adults who stutter is adversely impacted by the linguistic complexity of the utterance they are trying to produce. Finally, many studies continue to show that those who stutter find it much more difficult than other speakers to “multi-task” or respond to two tasks at once. Under such conditions, their performance tends to slow and/or decline more than we would see in their fluent peers.

Even hearing may interact with stuttering in ways that are as yet poorly understood.

Neuroimaging appears to suggest that adults who stutter have depressed function in areas that tend to be associated with self-monitoring.

One study suggests that adults who stutter demonstrate an atypical profile of activity in circuits that are meant to monitor one’s own speech while speaking, as distinguished from the circuits used in listening to others. Certainly, one unique feature of stuttering in young children is the high degree of awareness that many children who stutter have of their speech difficulties – compare any young child who stutters, even close to onset, with a child who has an articulation or language problem. The differences are obvious and somewhat startling, especially because young typically developing

children don’t tend to notice errors in their speech when they talk.

The heightened sensitivity that many children who stutter show to their own speech and to the reactions of others around them is clearly a factor in the development of the so-called affective and cognitive components of stuttering that also distinguish it in major ways from other developmental communication disorders.

Why is any of this research important in working with children who stutter? It’s valuable, in our opinion, to understand that a person who stutters may be working with a language formulation and motor execution system that has challenges that go well beyond the speech motor system; and that fact may require us to integrate best practices from other areas of the field in order to achieve best outcomes.

Even if your goal is to teach your client new ways of “smooth talking” or “sliding out” of disfluent moments, basic research that has broadened our understanding of stuttering suggests that considering linguistic, motor, cognitive and affective components of your client’s profile may aid in achieving better outcomes.

When working on fluency skills, have you considered the strength of your client’s sentence formulation and word retrieval skills? Given the impact that linguistic challenge may have on speech motor coordination in stuttering, have you tried to teach new fluency skills in conversational contexts that begin at simple levels and then



gradually increased language and cognitive demands to more challenging levels?

Given the robust association of vocabulary skills with school and standardized test achievement, probably every child on your caseload can benefit from vocabulary enrichment in the course of therapy for other targets.

The relatively weaker profiles of children who stutter when learning new sequences or gestures implies that it may take much more practice to create “expertise” in using fluency skills, just as it appears to take much more exposure to new words to learn them for children who have SLI.

Every child and adult finds that the most challenging multi-tasking in speech - or even sports performance- is thinking about others’ reactions or evaluations, which may be why public speaking is universally feared by most fluent speakers.

Consider how hard it is for your client to balance language formulation, speech execution and monitoring for their own and others’ reactions. A simple way to appreciate it for those who don’t stutter is to ask yourself to repeat (“cancel”) each time you say “um”, “uh”, or any other favorite filler – invite a family member to watch and see how well you are doing with this task. Then stop and ask how long it might take you to change your speech patterns and make that change durable.

Finally, I believe that the most disservice that has been done in considering stuttering to be “just” a

speech disorder is in how we tend to view the pace of stuttering therapy.

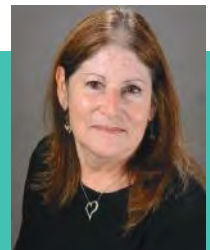
I was once asked by a superintendent of a school system to provide a stuttering workshop for her SLPs. She explained that clearly they needed such a workshop because, to quote her, “the stuttering kids never get off the caseload.”

This stopped me in my tracks. I asked her whether or not the “language kids” ever got off the caseload. She acknowledged that students’ language problems tend to require ongoing work, as the challenges of the curriculum evolve over the child’s development.

Then I asked her why should stuttering be any different? You already know her answer: because it’s a speech problem. The children who misarticulate get off the caseload rather quickly; by this analogy, so should the children who stutter.

Most newsletter readers will see the failure in reasoning here. But it’s really just one more consequence of seeing stuttering in our old intro text’s table of contents as a speech disorder. Perhaps taking a broader view will help not only to understand stuttering better, but to treat it better as well.

By Nan Bernstein Ratner, Ed.D.
University of Maryland,
College Park

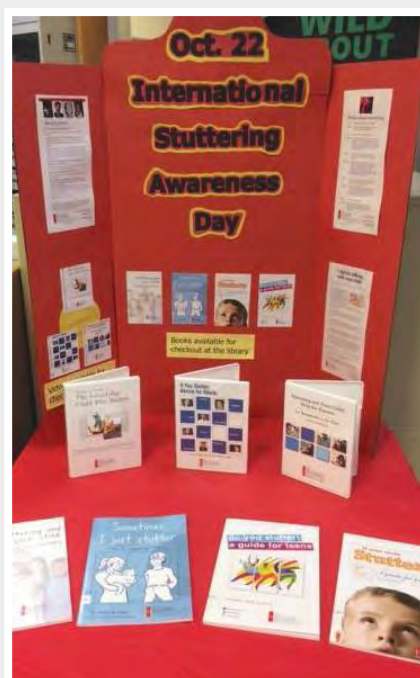


Help for Those Who Stutter is as Close as Your Local Library

As a trusted source of current and timely information on stuttering, our materials are as close as your nearest public library. For decades, the Stuttering Foundation has made its books and videos available for free to public libraries across the country.

Today, with help of the Foundation's Information Specialist, Patty Reed, and the generosity of our benefactors, more than 16,000 libraries shelve our materials. Patty's outreach by press release to newspapers helps spread the word to communities about materials available at their local library.

"More than three million Americans stutter, yet stuttering remains misunderstood by most people," Stuttering Foundation's Jane Fraser said. "Myths, such as believing people who stutter are less intelligent or suffer from psychological problems, still persist despite research refuting these erroneous beliefs."



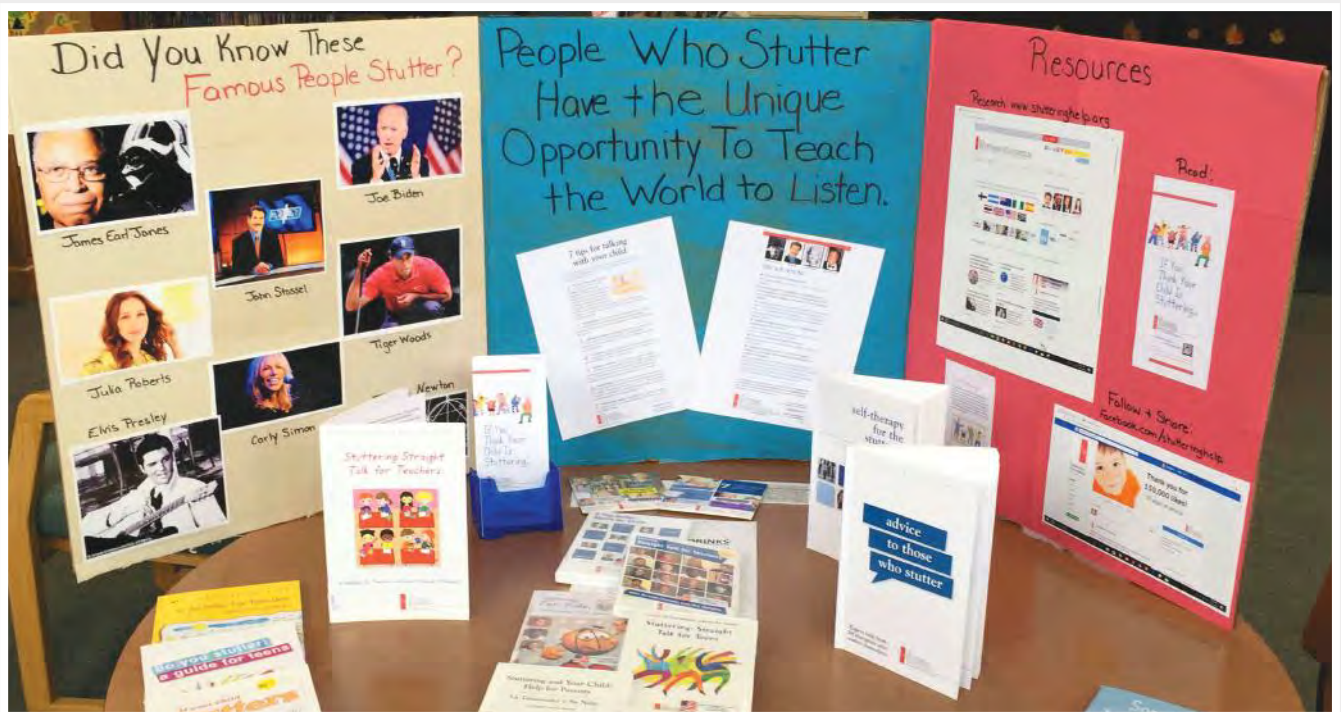
Stuttering Foundation books are directed to parents of children who stutter, adults who stutter, speech pathologists, pediatricians, family physicians, nurses, health care professionals, hospitals, schools, clinics, day-care centers, and all those concerned with the problem of stuttering.

If you find a library that doesn't shelve our materials, ask them to submit a request via www.stutteringhelp.org/sites/default/files/pictures/librarycard.pdf.



"We are working hard to make our collection more diverse and to make materials available for underserved communities and communities with special needs. It is wonderful that you are making these materials available at no cost to public libraries. They will be fantastic additions to our collection."

- Director Arin Wilken, Altoona Public Library, Altoona, WI



"I am very excited to receive the materials offered in your email. This subject is very dear to me, as my husband, who is now a minister, stuttered severely as a child, and now only occasionally. Thank you for any of these that you can provide. Thank you again for all you are doing!"

- Director Marcia Broady, Selby Township Library District, DePue, IL

"I am happy to spread the knowledge and assist families and individuals who deal with stuttering."

- Director Brittany Wallace, New Albin Public Library, New Albin, IA

FIVE THINGS YOU NEED TO FILL YOUR BACKPACK

Once again, it's time to go back to school. The Stuttering Foundation can help you do it in style with lots of great ideas and resources. What's going into your backpack this year?

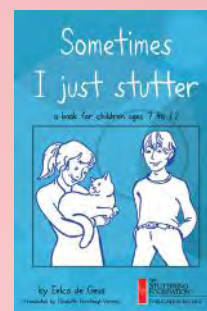


1. **For Kids, By Kids 2.0:** In this short video kids like you talk about talking and stuttering, dealing with teasing and teaching others about stuttering. [available in Spanish too!]



3. **Notes to the Teacher:** Give this brochure to your teacher as “homework,” even before you meet and share what helps you most.

2. **Sometimes I Just Stutter:** Learn more about stuttering. It's the way you talk, and what you have to say is worth hearing! [available in Spanish too!]



4. **The Teacher Who Made a Difference:** There are so many ways teachers can help you succeed at school. Here is a story about one teacher who made a real difference.



5. **The ABCs of Stuttering:** Teachers, parents, and pretty much everyone can't resist the wisdom of the experts – kids who stutter (like you!), as they “school us” about stuttering.

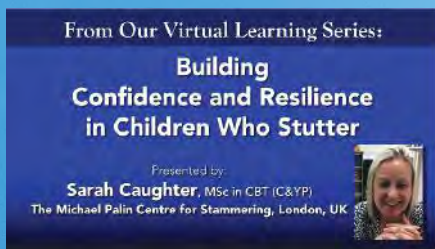
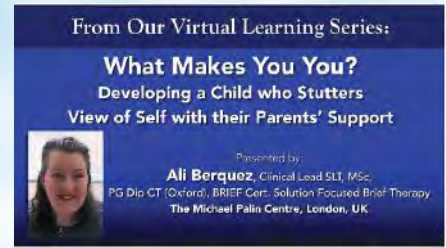




New Continuing Education Courses

These courses are available online at www.StutteringCEUs.org

In this one-hour video, Ali Berquez, MSc, MRCSLT, of the Michael Palin Centre in London explores how to help school-aged children who stutter and their parents think about what they want from therapy by drawing on Solution Focused Brief Therapy (SFBT). The presentation includes ways to talk about progress by drawing attention to a client's strengths and resources. Themes of difference, being unique, becoming more open, and developing self-advocacy skills are discussed. The presentation includes discussion of one client's journey with video examples.



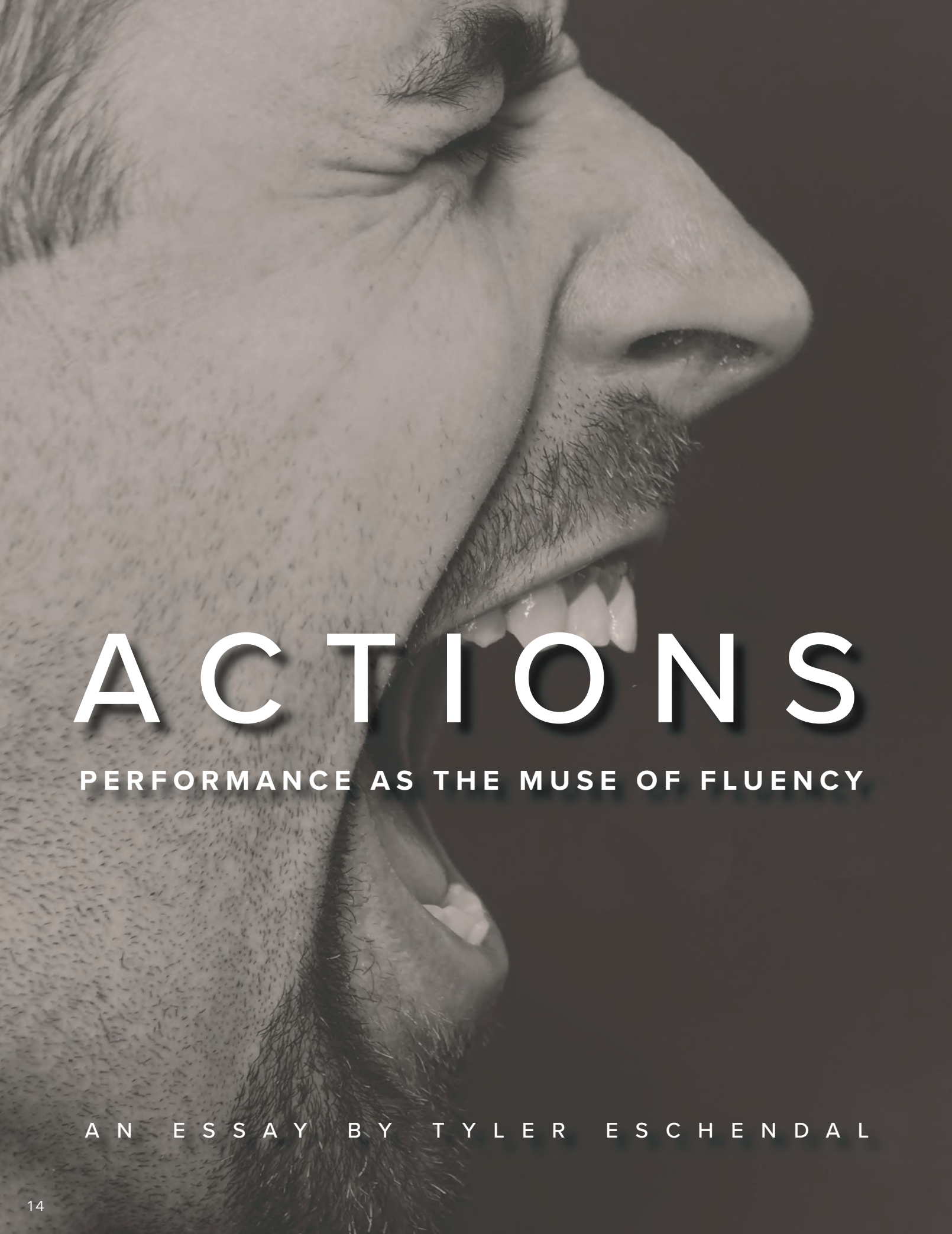
In this one-hour presentation, Sarah Caughter, MSc, MRCSLT of the Michael Palin Centre in London explores the potential negative impact of stuttering on children and young people and discusses ways to support them and their parents to build their confidence and resilience in therapy. The presentation includes clinical examples and videos to demonstrate therapy ideas.

In this one-hour presentation, Sarah Delpeche, MSc, BSc(Hons), RegMRCSLT, RegHCPC of the Michael Palin Center for Stammering Children in London, begins with a summary of the current evidence base related to temperament, stuttering frequency and stuttering impact in preschool children who stutter. She presents the findings of her recent research, The Role of Temperament in Stuttering Frequency and Impact in Children Under 7 (Delpeche, Millard & Kelman, 2022), and goes on to discuss clinical implications and provides practical examples of how to support young children with their emotional reactions as part of therapy.



In this hour and forty-minute presentation, Ellen Kelly, Ph.D., CCC-SLP, BCS-F, of The Stuttering Foundation discusses how the complexity of stuttering development necessitates a multifaceted approach to assessment of preschoolers. She provides the rationale for and specific elements of screening and discusses comprehensive assessment protocols for use with preschoolers suspected of stuttering, and their caregivers. Case examples illustrate prioritization of assessment measures and formulation of recommendations to caregivers.





ACTIONS

PERFORMANCE AS THE MUSE OF FLUENCY

AN ESSAY BY TYLER ESCHENDAL

For many years, I chose not to make music around my stutter because I didn't understand it. I was concerned to share it with others because for over twenty years, I primarily identified as a covert stutterer: someone who purposely omits or substitutes words to avoid stuttering. I felt disconnected from the biggest constant in my world.

My stutter came early around the age of 5 years old, with no immediate family history of stuttering. I began speech therapy with Dr. David Daly from age nine to thirteen, helping to develop many of the tools and tricks that I continue to carry with me today.

With strong influence from my grandparents, music quickly became important to me at an early age with the introduction of a drum set and the promise that I had to take lessons. Percussion and composition became a place of fluency, a place of control, a place for my intentions, and often a beautiful distraction from my stutter. I was never shy, but I certainly used music and humor as misdirection for my stutter and as a point of connection to make friends in school, sports, and music camps.

I knew early on that I was going to pursue a career in the arts. Two decades and two degrees in music composition later, I've found myself living in Los Angeles as a professional composer, videographer, and lecturer at a University, all of which have their hurdles and triumphs as a person who stutters. These titles often push my comfort zone, but as I've come to find in my speech journey, expanding that comfort always strengthens my ability as a communicator, as a mentor, and heavily influences my art.

In the spring of 2023, I released **ACTIONS**, a series of interconnected music videos that confront and explore the musicality of speech, communication, fluency, and stuttering.

Each movement of the series presents a



different verbal or physical action (Arguing, Acting, Singing, Ordering, and Explaining) that uses percussion performances, theatrical monologues, and singing as a frame to draw attention to the experience of stuttering. 'Arguing' and 'Ordering' reference the fear and absurdity of confrontation, 'Acting' and 'Explaining' examine the often performative aspects of stuttering, while 'Singing' employs childhood speech therapy exercises as lyrics.

The goal of the series was to help redefine fluency for myself, to better understand my stutter, and to connect to other people who stutter through music, text, and performance. The culmination of which I express in the final words of the series: "Maybe that's what this series is all about? That performance is this heightened scenario of truth that diverts guilt. Your stutter can't be wrong if it's the most important part of the thing. If it's the point of the thing. Performance is the muse of fluency, period".

GIFTING MADE EASY

We are thankful for all of our generous donors! When you donate to the Stuttering Foundation, you can rest assured that your gift will go to support our program services, benefiting people who stutter (and those who seek to educate and serve them) all around the world.



CASH GIFTS

Checks can be mailed to:
Stuttering Foundation of America
P.O. Box 11749
Memphis, TN 38111-0749



OTHER GIFTS

Stocks, Securities, Remainder Trusts, Employer Matching Gift Programs, Annuities, and Retirement Asset Donations are just a few other ways to make a lasting impact with your donation dollar. Please check with your financial advisor, employer, and or legal advisor for details.



TRIBUTE GIFTS

Memorialize a deceased family member or friend with gifts to the Stuttering Foundation. Honor a birth, an anniversary, graduation, wedding, or any important occasion in the name of a loved one.



LEGACY GIFTS

It's easy to include the Stuttering Foundation in your will, and it will do a world of good! Contact us and/or your legal advisor for assistance.



DONATE FROM YOUR SMARTPHONE

Charitable contributions, and bequests to the Foundation are tax-deductible, subject to limitations under the code. We welcome gifts of appreciated stock for which you may deduct full market value for income tax purposes. The Stuttering Foundation is a recognized 501(c)(3) nonprofit organization and your contribution is tax-deductible to the extent allowed by law. Please check with your financial advisor, employer, and or legal advisor for details.

The Consolidated Appropriations Act, 2021 (the CAA) signed into law on December 28, 2020, maintains and expands the charitable contribution incentives originally enacted by the Coronavirus Aid, Relief, and Economic Security Act (the CARES Act).

The enhanced charitable contribution deduction benefits apply solely to qualified charitable contributions, which are contributions made in cash to a public charity or "50% charity." For these purposes, this includes a private operating foundation, such as the Stuttering Foundation.



DEAR SFA:

KIDS' LETTERS TO THE STUTTERING FOUNDATION

We'd love to hear about your dreams, your victories, the fears you have faced, the ways you've been challenged, or anything you wish people knew about stuttering! If you would like to send us a picture, letter, or poem, please e-mail us at info@stutteringhelp.org. We'll make sure you get a permission slip to fill out the needed information. We attempt to answer every child's letter personally, so be sure to include a contact name and postal addresses for either a parent or the SLP of the child along with your submission.*

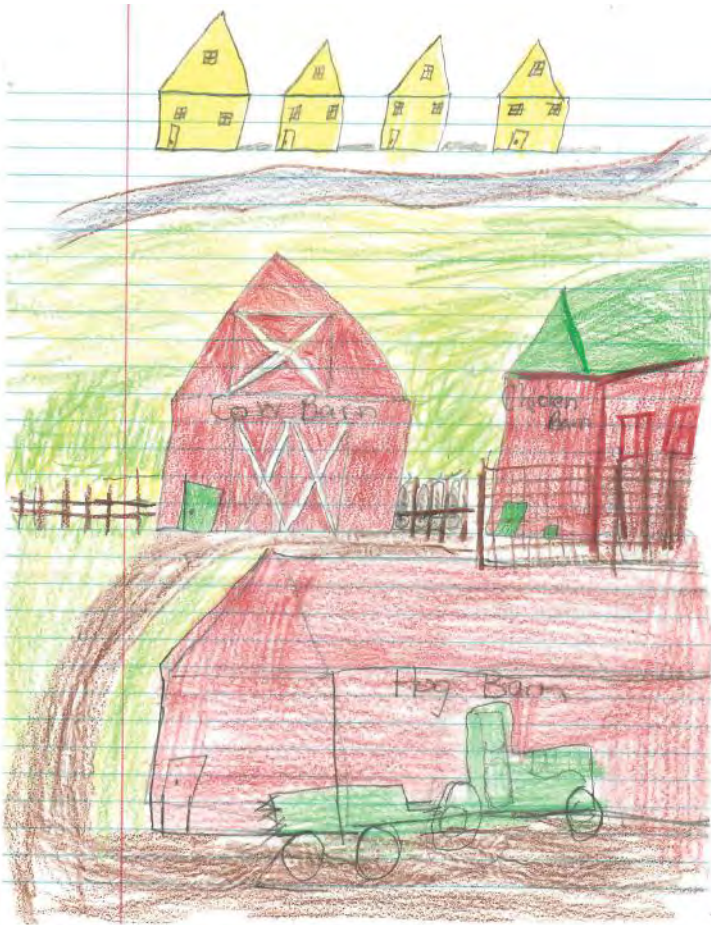
**Please mail original artwork submissions on plain, unlined paper. Photocopies, scans and faxes of artwork cannot be accepted. Colorful markers and crayons are encouraged as pencil drawings can be difficult to reprint. If you'd rather submit a photo, it can be mailed directly along with your permission slip and letter; digital photos can be sent via email.*

For more information and/or to receive a permission form via email, please contact us at info@stutteringhelp.org.

Mail your letter, permission form, original color artwork and/or photographs to:

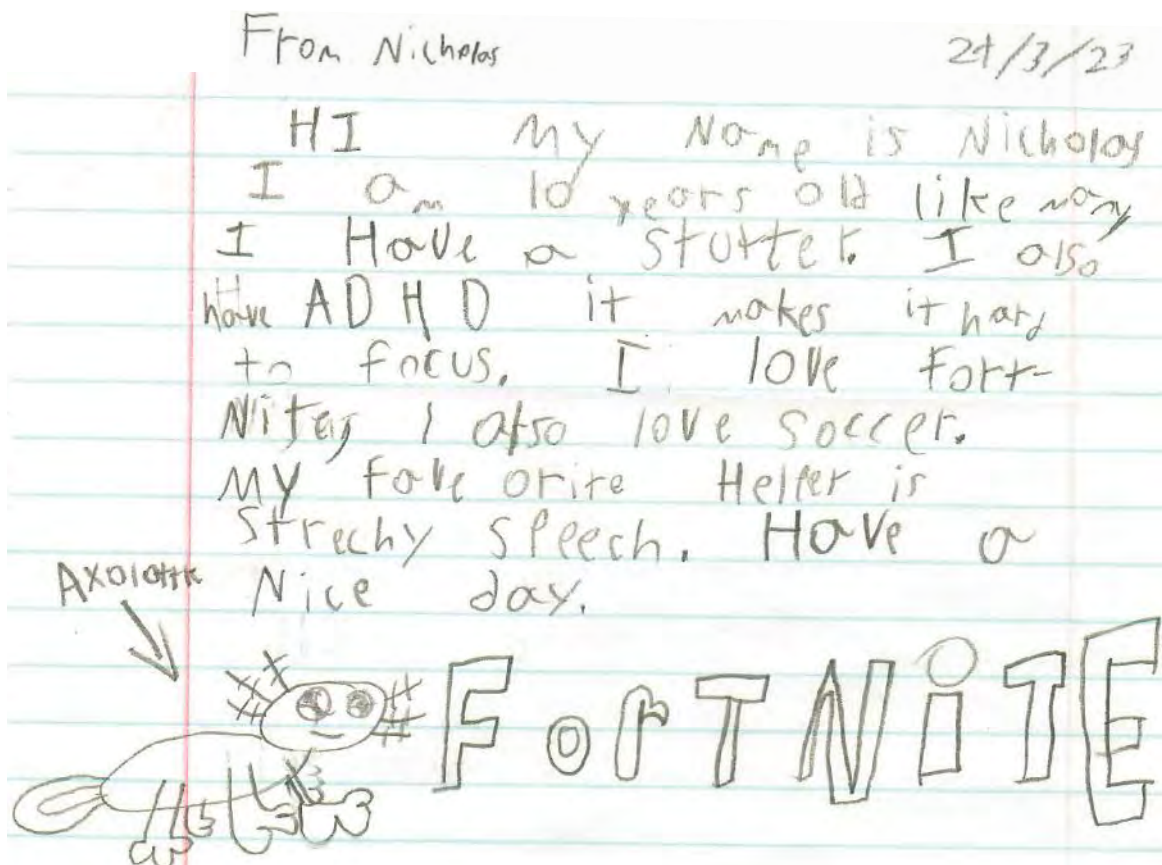
The Stuttering Foundation
P.O. Box 11749
Memphis, TN 38111-0749





My name is Jacob. I am ten years old. I live in a Huttrite Colony north of Rudyard, Montana. A Huttrite Colony is a group of people living together farming and ranching. I speak both German and English. I stutter most when I speak English. I also stutter the most when I'm in a hurry to say something. When I stutter, I like to use cancellation and pacing. In my spare time I like to play football and basketball.

Jacob, 10, Rudyard, MT



Nicholas, 10, Old Hickory, TN



Hello. My name is Kellan. I'm 8 years old. I live in Palm City, Florida. I love soccer and Roblox. Sometimes I stutter in the middle of when I'm talking. My strategy is to restart my sentences. Remember it's okay if you stutter. If you don't know anyone else who stutters, I do, so you have someone with you.

Kellan, 8, Palm City, FL

MY STUTTER

I have clouds in my mouth,
Chains that hold me back from talking
Like a normal person.
The slug in my mouth is unbearable,
The despair that constantly
Lingers above my head.

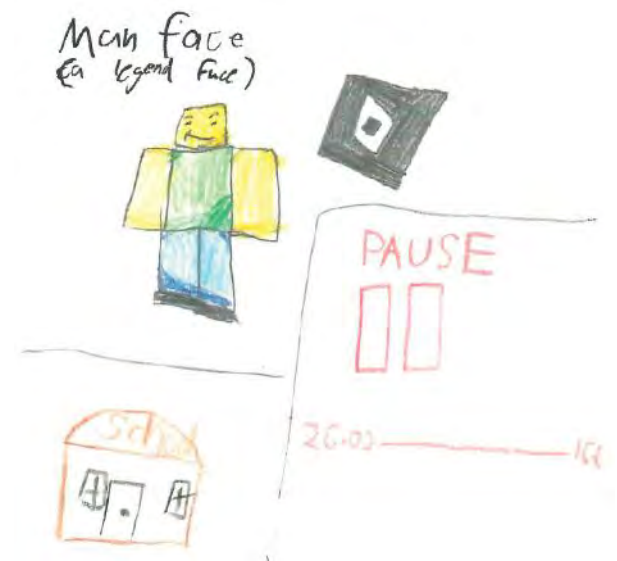
I see other people express their feelings
Without having to stop.
It's just not fair.

I would give anything to talk normally
And fight through my stutter.

My mouth is like a sad dolphin
That can't explain how it's feeling.
But I can fight through my stutter,
Break through the chains,
Pop the clouds and talk through the glitch.


You can do the impossible,
Overcome your stutter like I did.

Travis, 8, Springfield, VA



Hi, my name is David. I am in third grade. I love to play outside, running, and playing video games. My favorite strategy is pausing. It is when you stop in the middle of a sentence and then keep going. Pausing helps my mouth calm down to say my words. My favorite subject is science. I am really into Roblox because it lets me be with my friends. I get nervous when I have to talk to new people. I use strategies to help when I stutter. Never give up!

David, 8, Boone, NC

Dear SFA, my name is **KATYA**. I am 10 years old. I have been stuttering since five years old. I started Speech when I was 6 or so. My speech teacher was wonderful. Her name was Dannah, she was always patient, always ready to help me. When we moved to SC from MA, I started stuttering again, it got so bad that my mom took me to speech again. Mrs. Jennifer is just as nice as Dannah. Some of the things that I like to do are: reading, drawing, cooking, Baking, creating things and playing with my cat and my 1 brother and two sisters. I got teased all the time about my stuttering but I just ignore them. Some of my speech tools are meltdown, seeing my mom or dad. My mom and dad help me a lot when I stutter. One of my favorite tools is thinking of my cat, LUNA. Yes its true my cat does such funny things. It helps me relax, and be able to talk. P.S. Could you please put my letter in the mail? 

KATYA 10, SC Bestling Springs



FORTNITE

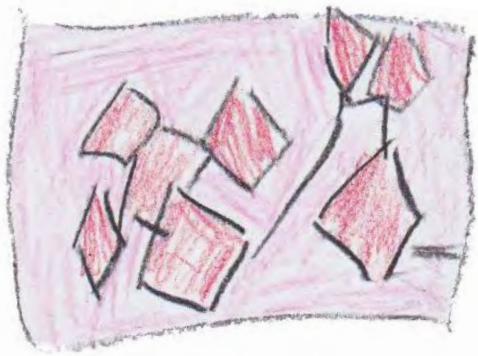
My name is Zyair. I'm 11 years old and I am from Silver Spring, Maryland. I like to play Roblox and Fortnite and play outside with my friends. I also like to play football and basketball at school and with my friends. Sometimes when I talk to people at school I start to stutter. They might say stuff to me about my stuttering, so I walk away from that person. My strategies that I use are tapping the table and my legs and I use the ski slope for easy onset. My mom encourages me, and my family also does too. I love my mom. She is the best mom in the world. She was a good basketball player.

Zyair, 11, Silver Spring, MD



HI, MY NAME IS WESTEN. I AM 9 YEARS OLD. I LIVE IN PINOLE WITH MY FAMILY. I AM IN THIRD GRADE. I PLAY GAMES LIKE ROBLOX, FORTNITE, AND COLOR PAGE ASMR GAMES. I LIKE TO PLAY THE PIANO. I TAKE PIANO LESSONS AT ROCKIN' ROBBIE'S. I LOVE MATH AND WHEN I GROW UP, I WANT TO BE A MATH TEACHER. I ALSO HAVE A STUTTER. MY STUTTERING ISN'T THAT BAD. I REPEAT PHRASES AND WORDS AND SOMETIMES I HAVE BLOCKS. THE TECHNIQUES I LEARNED IN SPEECH ARE BELLY BREATHS, EASY ONSET, STRETCHING, AND STOP AND REPHRASING. I ALSO LEARNED ABOUT SPEECH MACHINE. DON'T LET STUTTERING STOP YOU FROM TALKING AND BEING AWESOME!

WESTEN, 9, PINOLE, CA



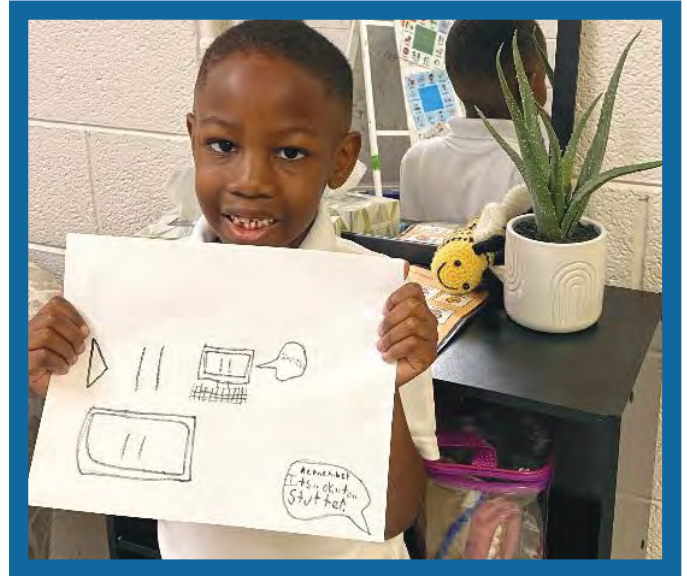
Hello, my name is Elizabeth. I am six years old. I like to play soccer. I live in West Lafayette, Indiana. My favorite toy is Lamsie. I stutter a little when I am talking but I have lots of friends.

Elizabeth, 6, West Lafayette, Indiana



Hi! My name is Kingston, and I am 8 years old. I was born in Tifton, GA on April 2, 2015. I stutter and my Dad stutters sometimes too. I started baseball on March 2. I like to play video games. When I stutter, I do not feel good, but when I use pausing, I feel much better. It is okay to stutter!

Kingston, 8, Tifton, GA



I'm Abe and I like playing Small World and Pokémon. I'm from Durham, North Carolina and I stutter. Sometimes it feels hard to get the words out but other times it feels like it just slips out easily. I drew an amphibious beast with a language. The language is composed of word repetition. In speech therapy we created new names for the strategies I use for my speech strategies based on Pokémon.

I find that taking a deep breath and then stretch out the word from the beginning.

Abe, 10, Durham, NC



Kilakand
amphibious beast they swim in the waters
goon land to eat of bermudd
Small land animals



Speak hitaniuen

hitaniuen is a language
composed of stuttering

h-hi-tuniuen

all words start with
word repetition

they use speech strategies to disguise
there language from predators

go=g-g-go come=c-co-come food=f-fo-od



Hi, my name is Landon. I am 9 years old and I am from Portage WI. I love to play sports, my favorite sport is basketball. It bothers me sometimes that I stutter but I stutter only once in awhile. I stutter around my friends sometimes. In speech I am learning that it is fine to stutter.

Landon, 9, Portage, WI



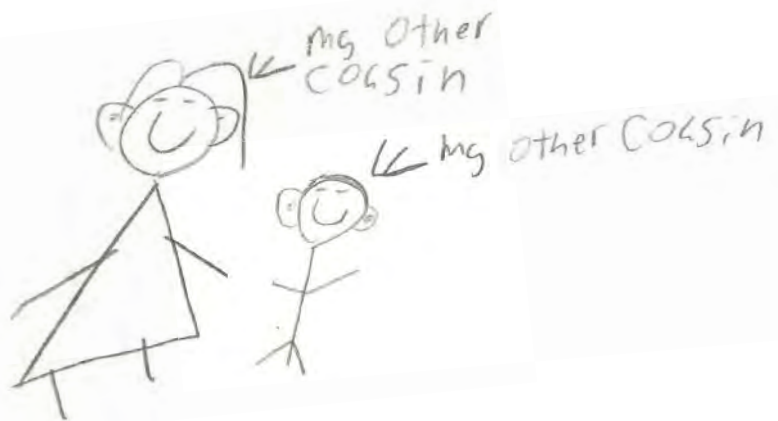
Hello. my name is Gaby. I am 8 years old. I live with my mom, dad, brother, and sister. I started stuttering when I was 6 years old. When I stutter, I feel shy. When I feel shy, I try to calm myself down and then talk to people. I am very happy because I have friends that don't laugh at me when I stutter. When I first stuttered, I thought everybody was going to laugh at me. But then I realized that not all people will laugh at me. Sometimes people laugh because they just don't understand why we stutter. They think we are being silly. After learning a bit about stuttering, I started to stand up for myself.

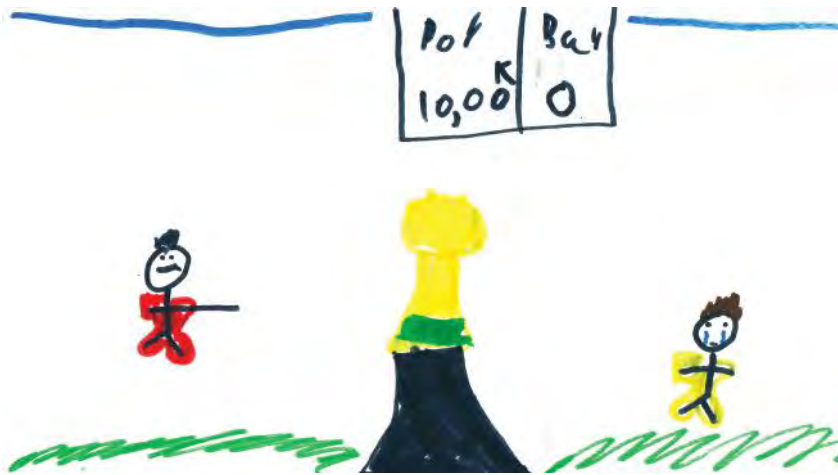
Gaby, 8, Vancouver, BC, Canada



Hi, my name is Addison. Kids call me Addy. I stutter when I talk too fast and I'm 10 years old. When I get nervous, I stutter. I go to school in West Virginia. I really like to play Fortnite and play outside with my cousins. And I have a sister, she is 7 years old. I didn't talk at first, my teacher in 3rd grade taught me to talk to kids. And now I'm in 5th grade and I can't stop talking but stuttering is okay.

Addison, 10, Whitesville, WV





Hi, My name is Leo.
 I like to play soccer and my
 favorite soccer players are
 Ronaldo and Pele. I like
 to play Minecraft. I like
 Mexico. I live in Tucson, Joe
 Biden stutters like me. I
 read Spanish books.

Leo 8

Leo, 8, Tucson, AZ



Hi, my name is Addie. I am 10 years old. I live in Auburn, Washington. I really love animals and cats. My favorite animal is a tiger. I love soccer, basketball, and kickball. I like video games (Roblox, Minecraft). I love working with animals. Don't be ashamed of your stuttering. You are amazing.

Addie, 10, Auburn, WA



Hi, my name is London. I'm 11 years old and I am 5'5". I'm in the 5th grade and my favorite sport is basketball. I am a person who stutters and there are a lot of other people who stutter. If you are a person who stutters, "It doesn't matter how you say it, it's what you have to say." Stuttering is not curable. But there are things that you can do to help you stutter less. Articulators is something that goes with your speech. They are like your tongue, lips, teeth, and your soft palate. A tip to people who stutter, do you stutter when you read to yourself? When you think out loud do you stutter? If those are a no that's because there is nothing wrong with you, you're just special. When I stutter, I use my, "easy onsets."

London, 11
 Gibsonville, NC

SUPER MARIO™

HI, MY NAME IS AIDEN. MY AGE IS 10 YEARS OLD, AND I AM IN 4TH GRADE. I LIKE TO PLAY AND WATCH SPORTS. I LIKE BASEBALL AND BASKETBALL. I HAVE ONE BROTHER AND ONE SISTER, AND I PLAY SPORTS WITH MY BROTHER. I LIKE TO PLAY VIDEO GAMES WITH MY DAD, MY MOM, MY SISTER, AND MY BROTHER. MY FAVORITE GAMES ARE SUPER MARIO AND CALL OF DUTY. WHEN I STUTTER, I STOP SAYING WHAT I WAS GOING TO SAY AND THINK BEFORE I TALK INSTEAD OF PUSHING THE WORDS OUT OF MY MOUTH. WHEN PEOPLE MAKE FUN OF ME, I JUST ANNOYED THEM.

AIDEN, 10, EL MONTE, CA



Hi my name is Graham and am Eight years old. I like to play Mine craft sometimes. I also stutter, and I like gymnastics. My favorite food is smoked oysters. And I like to play Legos too. I live in Rochester Minnesota. My speech strategies are: stop, stretchy speech, and chunking. My cat Brad loves to snuggle. My other cat Lexi is shy, and my dad is super energetic.

Graham, 8, Rochester, MN



My name is Imam. I'm in 7th grade and I'm 13 years old. I like to play basketball and I like to play Among Us with my friends. I am from Gambia. I have been stuttering for a long time. My stutter makes me repeat sounds and feels tight in my throat. I like to use slow turtle talk, sing-song speech and pausing when I talk to my friends. My strategies help me make smooth speech. When I read aloud, I use chunking. Sometimes people make fun of me, but my friends help me. I'm not shy, I like talking at home and with my friends! You can still be successful if you stutter. I want to be an astronaut or a firefighter!

Thank you,
Imam, 13
Madison, WI



My name is Morgan. I am 7 and a half years old. I like art and I'm good at crafts. I also like to write graphic novels for fun. I go to Midwest Twisters gymnastics once a week. I have one sibling, my baby brother, Elliot. I started stuttering when I was 5 years old. I felt frustrated because I wanted to share my ideas quicker. My advice for other kids who stutter is to not be nervous or shy about it and to roll with it. Just keep using your speech tools. The strategy that helped me the most was using light contact. Light contact is when you touch your tongue and teeth together lightly when you are talking.

Morgan, 8, South Milwaukee, WI



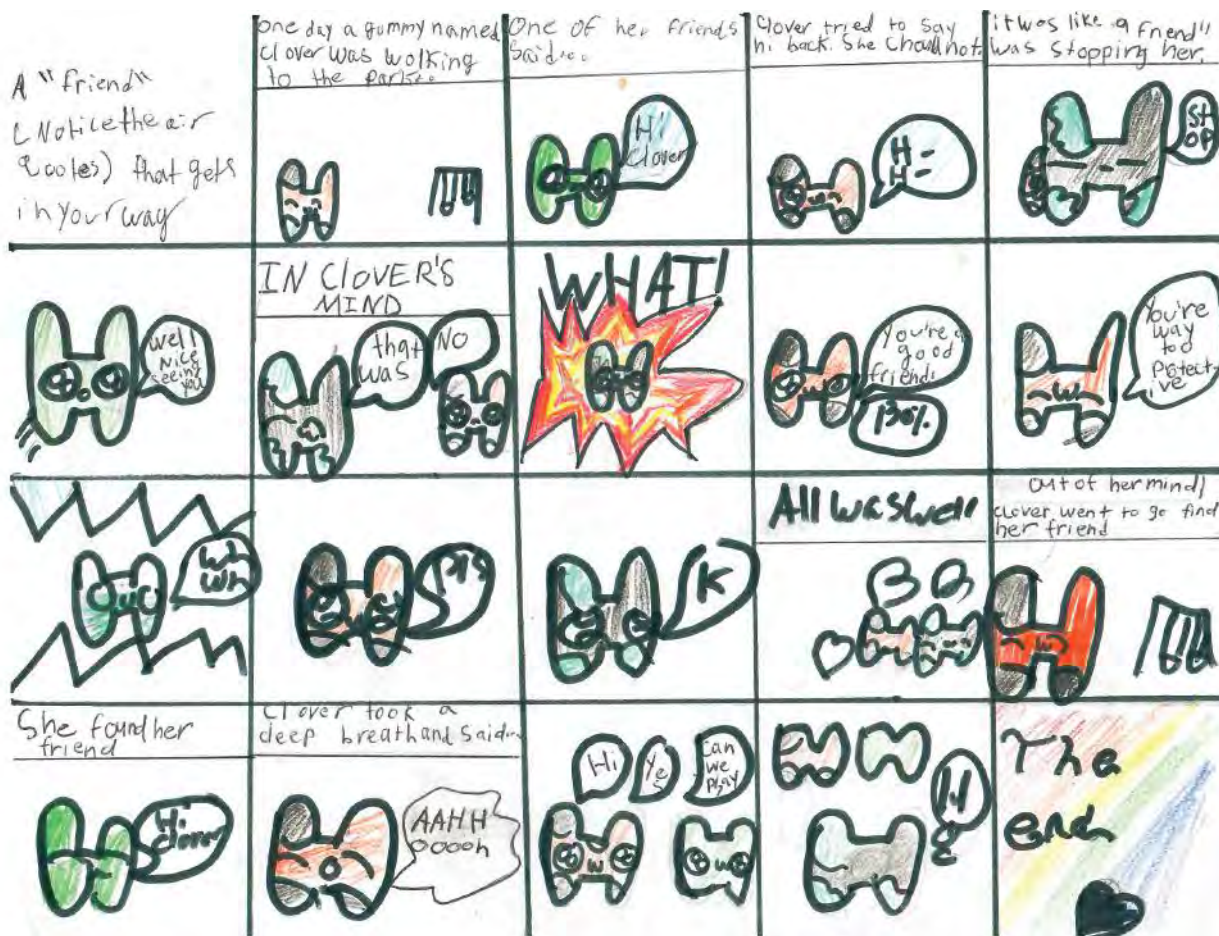
Hi, my name is Jacelyn. I stutter a lot sometimes. Sometimes I don't. If I take a deep breath, I don't stutter. My favorite animal is a jaguar.

Jacelyn, 7, Fort Dodge, IA



Hi, my name is Alswell and I'm 9 years old and in 4th grade. I like anime, Godzilla and I like to play Fortnite and Roblox. And I stutter. My speech therapist helps me by teaching me strategies like easy onset and stretching out words. I thought stuttering was like a disease but my speech therapist taught me that stuttering was no big deal! My advice is to ignore the bullies that bully you! Stick up for yourself and don't change your personality, just be yourself!

Alswell, 9, Columbus, Ohio



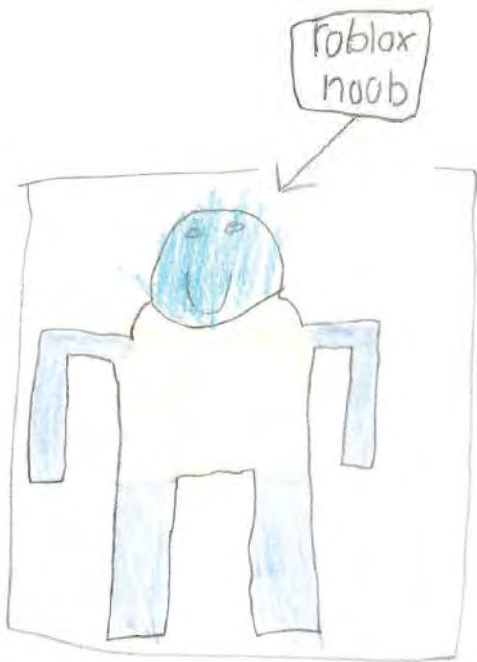
Hello, I am Aryanna. I am from Essex, Vermont. I am 11. I stutter. I have a good speech teacher. Every month I do this remote stuttering group called Stuttering Support Group. I am proud of my stuttering. I want to meet more kids who stutter. I like to play Roblox and it helps me because I like to read all the chats and sometimes when I stutter on the chats I can re-say them because it's not someone directly talking to me. I love dogs, riding horses, drawing, playing clarinet, and I am in the chorus. My favorite strategy is easy-onsets. I see stuttering as another friend that is way too protective of you and sometimes when you're trying to talk to others it goes in front of you and stops you in mid-sentence. Don't let your protective friend get in your way. Adios.

Aryanna, 11, Essex Junction, VT



Hi, my name is Isabella. I am 9 years old and in third grade. I like to play with Corgis, and with my friends we play freeze tag. I have gone to speech for 3 years now. It's okay to stutter, you just need to know how to control your speech. I like to do stretchy speech, light contact, and slow rate. Stretchy speech helps me the most because I have trouble with continuous voicing.

Isabella, 8, North Smithfield, RI



Hi, my name is Noah. And I'm 8 years and 7 months old. My favorite video game is Roblox. It has tons of games on it! One of my fun habits are soccer and basketball. When I stutter, I pause and feel the tension, so I go back and try it again.

Noah, 9
South Burlington, VT



Hello, my name is Jack! I am 10 years old, and I am from Georgia, USA. I go to speech therapy every Thursday and sometimes Monday. I have learned a lot of facts about stuttering, and I will share some with you! English isn't the only language people stutter in. People can stutter in all languages! This doesn't mean people who stutter can't be fluent. Most people who stutter can be fluent when they speak in unison, when they whisper, and when they sing.

Now I will share some famous people who used to stutter. People like Joe Biden, James Earl Jones, Winston Churchill, Ed Sheeran, Steve Harvey, and even King George VI used to stutter!

My favorite subject in school is science. The reason I like science is because I have always found it interesting. My favorite book series is the Tunnels series. My favorite season is probably spring. My favorite soda is cream soda.

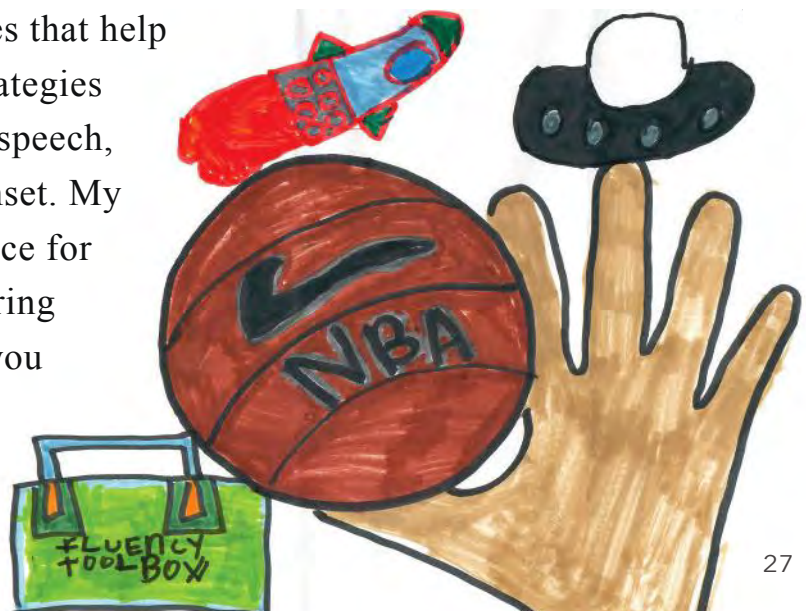
This is all of the information I want to share about stuttering I hope you enjoyed learning all about stuttering!



Jack, 10, Powder Springs, GA

Hi, my name is Bacardi and I am 8 years old. I like playing football and I can also play basketball and a little bit of baseball. I am also a good goalkeeper when I play soccer. My favorite animal is a bear. One thing you should know about me is that I stutter, but I embrace it. I embrace my stutter because it makes me special. In speech class, I made a toolbox that has all the strategies that help me with my stuttering. Some of these strategies are cancellation, slow, smooth, and easy speech, fake stuttering, light contact, and easy onset. My favorite strategy is cancellation. My advice for kids who stutter is don't think that stuttering is a problem because that's what makes you special.

Bacardi, 8, Fort Worth, Texas



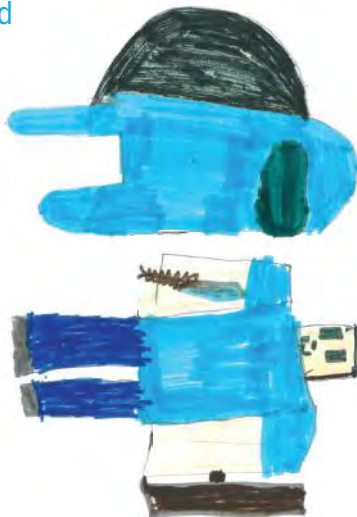


Hi, my name is Oliver. I am 7 and 3/4. I like dinosaurs, Roblox and Transformers. When I go to speech, I work on my stuttering and it helps a lot. I've been in speech for a long time now. Also, when Mrs. Oresman taught me stretchy speech, it helped with my speech a lot. Stuttering is not that bad. It can be kind of embarrassing when I have something to say, but my friends are kind to me.

Oliver, 7, Portsmouth, RI

Hi, my name is Wyatt. I am 8 years old and I'm in second grade. I love playing Minecraft and Among Us. I stutter a lot. It started when I was 5 years old. The stutters I have are blocks. I deal with it by just restarting and doing it again slowly and with an easy start. And other stutters I have are prolongations. I learned this in speech therapy.

Wyatt,
8, North
Smithfield, RI



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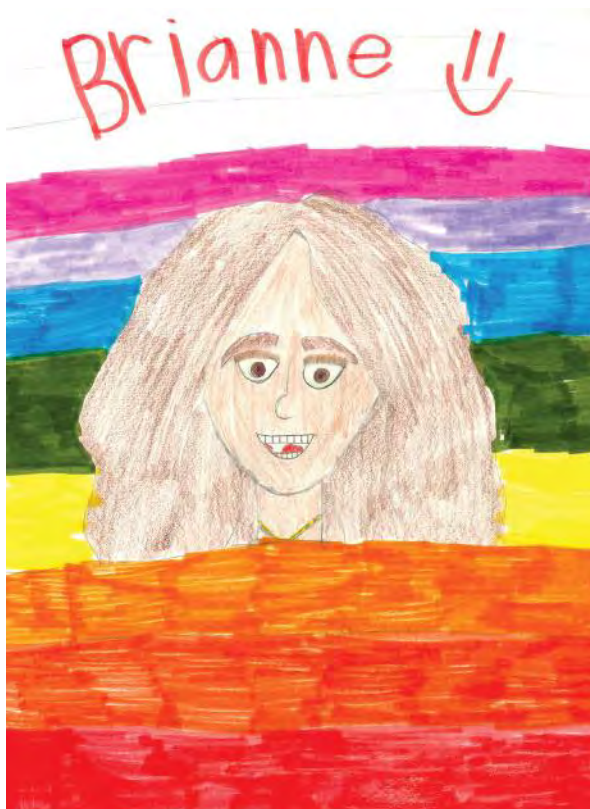
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Xavier, 11, West Bridgewater, MA

Hi, my name is Bryton. I'm 9 years old. I am in third grade. I started stuttering in second grade. My speech tools are thinking of a song in my head when I speak, thinking of what to say first, speaking slowly, and tracing a line with my finger when I speak. Stuttering is OK. You're still cool if you stutter.

Bryton, 9, Nineveh, IN

Hi my name is Xavier and I am 11 years old. I am in the 5th grade and I play football. I started stuttering when I was in pre-school. I mostly stutter when I am excited about something and when I speak too fast. Strategies that I use are easy onset, slow speech, and stretchy speech. My advice for kids who stutter is don't speak too fast, because it will make you stutter more. Don't be afraid to talk in conversations. Be more confident. If you have a friend that stutters and you notice it, don't be mean to them because they might be self-conscious of their stutter. Don't make a big deal-just act normal when you speak to them.



Hi, my name is Brienne, and I stutter. I am 10 years old. I love to play soccer. I have a big sister and a big brother. I have a dog named Max. I love to draw and play with my friends. My favorite color is black. I love dogs. I love to tackle my sister. Sometimes when I stutter, I feel like I can't stop because the person I am talking to looks like they are not patient. The strategy that I mostly use is the pull-out. It is most helpful because it is easier to remember. It is also not that noticeable. I've been stuttering since I started to talk. My stutter is always a little bit frustrating because I cannot get the words out. If you stutter, then don't hide it. Just be yourself.

Brienne, 10
Saratoga Springs, UT

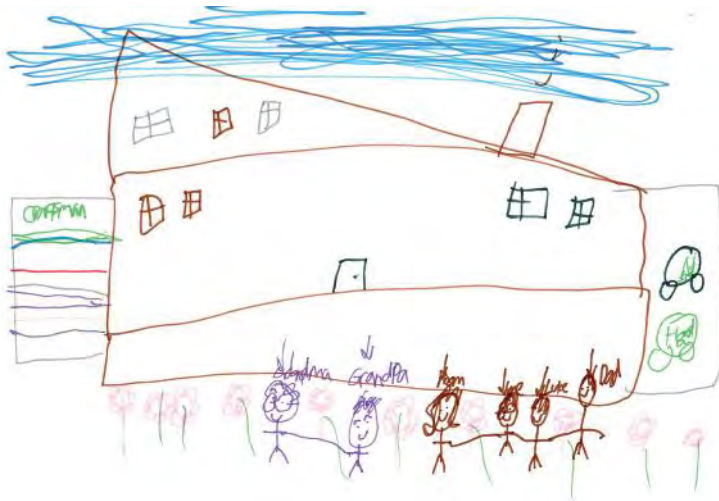
Hi, I'm Jayden, and I'm 12 years old. I was born on February 1, and I like to play games. I have an Xbox One X, and the games I play are Fortnite Call of Duty, Apex Legends, Rocket League the Evil Within, Rogue Company, and Resident Evil. My favorite game to play on my Xbox One X is Call of Duty Black Ops 2 and playing Resident Evil 4 – Remake. My favorite part about Call of Duty Black Ops 2 is the campaign and the zombie game modes because of how good the guns were and the Ray Guns. My favorite Ray Gun in the Ray Gun is Mark II because the Ray Gun Mark II is almost a one shot to the zombies but then the higher you go to the rounds the more shots the zombies need to kill them. With the Ray Gun Mark 1 I don't like the Ray Gun because the normal Ray Gun you can accidentally kill yourself if you shoot it under you.

I started to go to speech when I was in 1st grade, and I was taught a lot of things to control my stuttering. The first method

I was taught is to think what you're going to say and say the words that you want to say. If you are being bullied in school because of your stuttering just tell the teacher, that is the easiest way to stop someone from bullying you. Also, another way to stop stuttering is by chunking your sentence, and first think what you are going to say and then you can say the words or sentence you want to say. Then you won't have to stutter when you have problems talking or finishing a sentence or more.

Jayden, 12, El Monte, CA





Hi, my name is Olivia and I stutter. I'm 9 years old and going to turn ten in May. I go to Velma Linford Elementary School. My favorite strategy is, the stretch. When I'm stuck on a word I stretch it while I'm saying it. I most stutter when I'm saying a word fast or when I try to say a word I don't know how to say. Stuttering isn't bad to me. Stuttering is part of my personality, I feel like it's meant for me. When you stutter think positive and soon it will come out.



Hi, my name is Easton. I'm 10 years old, and I'm in the fourth grade. I live in Broken Arrow, Oklahoma. I like Dragon Ball Z, Fortnite, Apex Legends, Naruto, baseball, and soccer. The position I play in baseball is 2nd base, and I just started soccer. When I play video games I sometimes don't stutter. I'm grateful I'm able to use my voice to talk. People care what I've got to say and not about my stutter.

Easton, 10, Broken Arrow, OK

Hi, my name is Patrick. I am 13 years old and I'm in 6th grade. I have a brother named Luke. I like to play Roblox on my iPad. I started a new school this year. I have made a lot of new friends. I like to watch funny videos on YouTube. I was in 2nd grade when I started to stutter. I am learning strategies to help me have smoother speech. I use easy onset and pull out strategies to help me.

Patrick, 13, Fairfield CT



Hi, my name is Jayden. I like to play sports like baseball and football. I am ten and in fifth grade. I also like to play Fortnite, Soccer FIFA, and NBA. I dream of playing football when I am older. I found out that it's not that bad if you've stuttered for a long time. I have also learned that there are a lot of things that can help you like pausing and talking slowly and stretching out the word. I have friends who have a hard time and stutter too. Their names are Austin and Adrian. They go to a different school but live on my block. You shouldn't be scared if you have a hard time too. I've been doing speech since second grade. I'm getting used to it now. You're not different. Sometimes you get like angry when you stutter but don't be scared to stutter. If you're a kid don't get like angry or like sad that you have it.

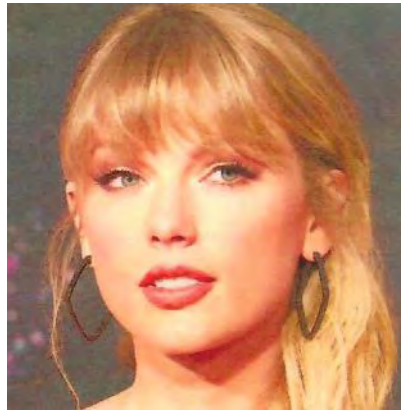
Jayden, 10, Romeoville, IL



My name is Bryson and I am 9 years old. I like to play video games like Minecraft, Roblox, and Madden Football. I also like to play football and tennis. I think stuttering is okay because everyone gets stuck at some point when they talk. Some of my strategies when I get stuck are pull outs and slides.

Bryson, 9, Norman, OK

Hi, my name is Paula. I am 14 years old, and I am in 8th grade. Also, I am a teen who stutters. I am a triplet. I like to sing and listen to music. My favorite music artists are Olivia Rodrigo and Taylor Swift.



Sometimes for me my stuttering can be really hard to get through. Stuttering for me means having trouble talking. When I stutter there is sometimes a long pause or silence before I talk. This can be very stressful for me sometimes, like at school when the teacher calls on me and I sit there being quiet. I feel nervous if I don't answer quickly enough because I feel that everyone is looking at me and waiting for me to talk. Stuttering doesn't affect me when I sing or read aloud. Sometimes I wonder why I stutter and why I can't be like the other kids in my class who talk right away when the teacher calls on them. But I know that when I stutter, I have strategies to use like taking a deep breath and beginning with an "H" sound when I start. I go to weekly speech therapy sessions where I learn new strategies and how to control my stuttering better. Stuttering for me just came about suddenly one day. I thought it would disappear after 1 or 2 days, but it didn't. Stuttering can sometimes be hard or frustrating but don't let the stress or frustration get to you. Just move forward and never give up.



Here is a little advice for all the stutterers out there, stuttering isn't something to be nervous or frustrated about. Stuttering is when you have a hard time getting out a word or phrase. For me stuttering has impacted me at school and at home. Kids might make fun of you for it. If they do, don't listen to them, and ignore what they are saying to you.

Those kids don't understand what stuttering really is and how it can affect you. Here is an inspirational quote by one of my favorite music artists, Taylor Swift, "Just be yourself, there is no one better." This to me means don't let other people stand in the way of how you talk.

Don't let other people bully you or tease you about stuttering. Stuttering can happen to anyone, not just kids. Did you know more than 70 million people stutter! Remember this: only you stutter don't let people be mean to you! Everyone is unique in some way! Everyone who stutters is unique because we stutter, and it impacts our daily lives and how we talk! So always remember, "Just be yourself, there is no one better." Said by Taylor Swift.

Paula, 14, Phoenix, MD



Hi! My name is Julleah, and I am 10 years old. My hobbies are basketball, soccer, GaGa ball, and playing Monopoly. I am a person who stutters. When I'm in speech therapy, my strategies are cancellation and easy start. When I use these strategies, I speak more smoothly. When I am about to speak, I take a deep breath. It really helps me out. I like my stutter. It is UNIQUE! And to all the people out there who stutter, be proud of who you are. It makes you unique. When I sing, I don't stutter at all, because I know what I want to say. When I sing, I feel confident. Be confident in who you are!

Julleah, 10, Greenville, SC



What stuttering feels like to me is that I feel like a rock is just jumping on my throat. And I also go to speech therapy, and I sometimes get bullied. If someone bullies you then:

***Laugh**

***Get used to it**

***Or ignore them then say, "what, what?" then they just get confused.**

Some strategies are to take a deep breath or restart the word. Last, I do not li-k---e stt-uutt-er-r-ing-g.

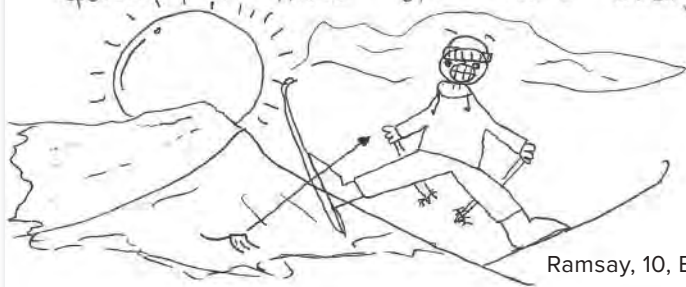
Kaden, 10, Roseville, CA



Hello, my name is Jerry. I am 10 years old. I have 1 sibling, 2 parents, and 1 dog. People would always make fun of me because of my stutter and acne. But I did not let that stop me, my parents got me into speech therapy. A speech pathologist taught me everything I need to know like easy onset, stretchy speech, and chunking. Remember don't let people judge you for who you are. Just be yourself.

Jerry, 10, Roanoke, VA

Hi, my name is Ramsay. I live in Bend, Oregon USA. I play soccer, basket-ball, football. I also am a pretty good Lego builder. I ski up at Mount Bachelor. I have a brother, a mom, a dad, and a chunkk cat. I started Stuttering as a 6 year old, so I know how it feels. I took speech therapy at age 7. My family helped me when I Stuttered, and they still do. The worst feeling in my opinion is when you're just sitting in class or something and someone tells you to say your name (especially a stranger). The best feeling in my opinion is when you say the best come back and you say it fluently. Somethings that you can do ~~are~~ are be confident, find some people to be open (for example, your family), and work on your speech a little bit more every day.



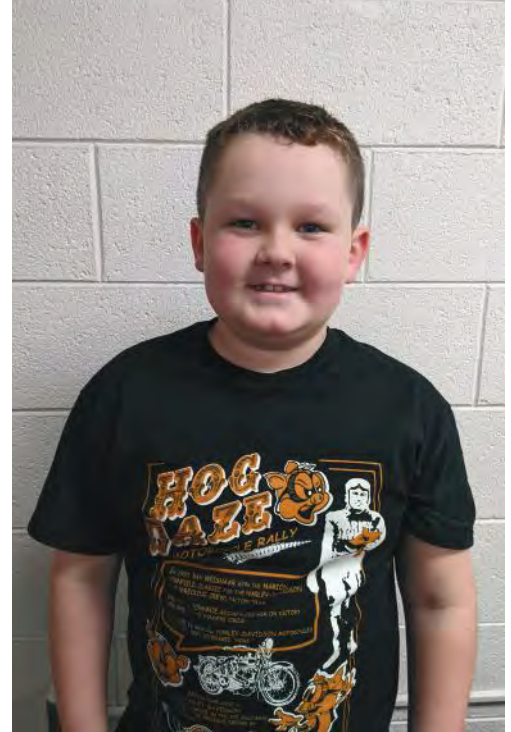
Ramsay, 10, Bend, OR

at home ↪ at school



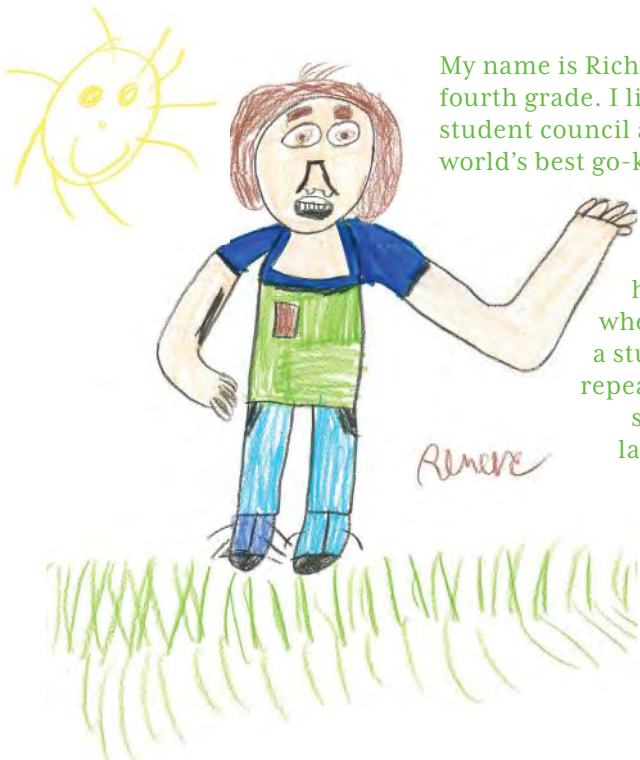
Hi, my name is Cor. I am 9 years old. I'm in 3rd grade and I live in Arden Hills, MN. My dream job is to be an aerospace engineer. It would be so cool to go to the international space station. I might stutter more up there because it would be so cool to be there. When I stutter, it's usually because I am excited or nervous. Sometimes I feel nervous about my stuttering. I worry about what other people think about my speech. I try to persevere. I won't let my stuttering hold me back.

Cor, 9, Arden Hills, MN



Hi, my name is Kaden. I am 7 years old. I like playing Roblox and Fortnite. I like going sledding. I play football and basketball. I started stuttering when I was in kindergarten. My favorite stuttering tool is bouncing. It helps when you are stuttering and if you are having a block on a word. You start over and the next time you bounce on the word you were stuck on. If you stutter, it's okay! There are other people that stutter so you are not alone.

Kaden, 7, Fairmount, IN



My name is Richard, and I am nine years old. I am in the fourth grade. I like to play Fortnite and Roblox. I am on the student council at my school and my dream is to become the world's best go-kart driver. I am starting to understand stuttering better at my school. I have been going to speech therapy since kindergarten. Taking a deep breath and breathing out while I hold a Haberman Sphere helps my speech to be smoother. I don't get frustrated when I stutter. Someday I would like to be a gamer. Whoever is a stutterer should not feel bad, because what you say is worth repeating and repeating your words helps you have smooth speech. I got laughed at in my other school, but I don't get laughed at in my new school.

Richard, 10, Hanscom AFB, MA

Hi, my name is Preston. I am 8 years old. I am in second grade. I like to play basketball, go fishing, and play my video games. I live with my dad, my morn, and my cool little brother. When I grow up, I want to be a manager just like my dad. Stuttering makes me cool. I use my stuttering toolbox like pullouts, stretchy speech, light contacts, pausing, easy beginning, and turtle talk. These tools help me when I get stuck on words. My advice is if you stutter, think of something that makes you happy. I want people to know just because you stutter doesn't mean you don't know the words.



Preston, 8, Whiteland, IN



Hello, my name is Bryar. I am 10 years old and in the third grade. Some of my favorite things to do are play sports and play video games. My favorite sports to play are wrestling and soccer. Recently,

I scored a goal for the first time this season. I like to take a deep breath and say it again if I stutter. My stutter does not upset me, because it is okay to have one.

Bryar, 10, Greenville, PA



Fluency

When words fall smoothly
off of your tongue.

Do you consider yourself blessed?
When you know what to say
and say it proudly.

Do you consider yourself blessed?
When your sounds don't pierce the air,
with their cut up and shattered formation,
do you consider yourself blessed?

Most don't.
Some won't.

All should recognize,
fluency is a gift,
which most let sit
without appreciation.

Next time you find yourself
in this situation,
consider the life of one who can't
experience the smooth cadence
which you possess.

While some may stress
to express the words
that build inside.

Fighting the tide
of the everchanging waves of stuttering.

You don't think twice to speak,
because to you,
people don't snicker and peek,
your words aren't seen as bleak,
lacking strong performance
of each and every sentence.

Explain why one would
take fluency for granted.
It just doesn't make sense.
in the ears

of one whose words appear
shattered, fragmented or splintered,
disappreciation for fluency
is a thought that hinders
their understanding.

The inability to say what needs to be said
with fluency is a struggle
that they're used to withstanding.

Words force their way out,
while tightening every crevice
of the person's face
which urge and long
for a faster pace.

Another thing most don't endure,
and that they take for granted for sure.
while they speak,
you must wait,
remembering that for some,
disfluency is their fate.

Carah, 16, Springfield, OH



Hello, my name is Kaleb. I started coming to speech in first grade. I really like Minecraft, Netflix, and Unspeakable Gaming. I like Sonic as well. Whoever is reading this, if you are a stutterer, it is okay to stutter. Stuttering is just a thing that happens. You do nothing to make the stuttering happen. Just be okay with it. If you like dabbing, you are awesome. I have the best speech teacher I have ever had in my life because she is kind, nice, and she is beautiful. She taught me how to control my stuttering. She has made my stuttering life easier. My favorite strategy to help my stuttering is Relaxed Breathing because when I need to calm down when I am stuttering, it is very helpful.

Kaleb, 8, Beaver Dam, WI



Hi, my name is Shane, and I am 8 years old. I like to play NHL 23 on my X Box. I also like to play hockey. I've been stuttering for 6 years, since I was 2 years old. I do speech at school. I have an online speech teacher that I talk with as well. Sometimes I go in person, but I'm normally too busy. I gave a presentation to my class about stuttering. My class learned a lot of things. I hope they learn that I can do anything even if I stutter. I feel good about my stuttering, but sometimes I really don't.

Shane, 8, Waltham, MA

Luton Children & Adults Community Health Services

Bedfordshire Community Health Services

I stammer

You can help

Dos:


- Listen to what I'm saying not how I say it
- Give us plenty of time to speak.
- Treat us like everyone else.
- Remember, everyone talks differently.

Don'ts:

- Don't put words in our mouth.
- Don't say "c'mon, get the words out."
- Don't say "slow down" or "take a breath." You wouldn't like it.

If you bully someone who stammers then shame on you!

Joe Biden and Ed Sheeran stammer. You wouldn't say "c'mon get the words out" to them.

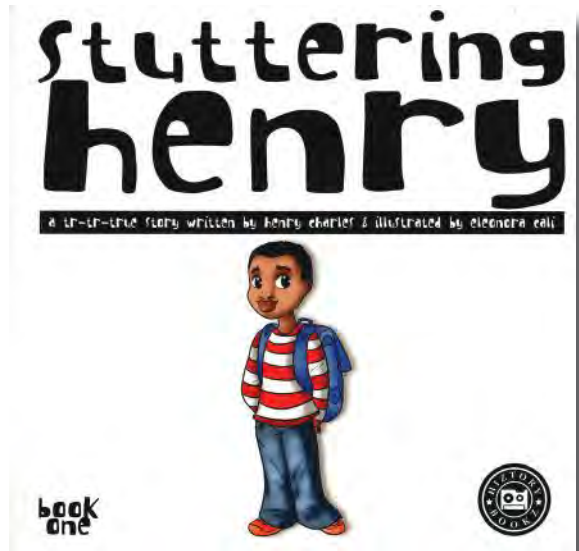


www.stamma.org

By Vincent – 11, Ben – 13 and Mark – 11

STUTTERING HENRY

A NEW BOOK JUST FOR KIDS
by Henry Charles, Jr.



Life can be tough for a kid in elementary school. Henry is smart and outgoing. His family is supportive and he is protected by his siblings, Carine, Andre and Marie who are patient with him and always cheer him on. He loves to learn and knows the answers to the teacher's questions in class.



But something is keeping him from participating: Henry stutters. One day, Henry is called on to read out loud in class and he receives an unexpected response. Join us as Henry shares a difficult class experience and see who comes to his rescue in the tale of Stuttering Henry. Stuttering Henry is available for purchase at hiztorybookz.com.

CORRECTION FROM SUMMER 2023 ISSUE:

Tracy Campbell's name was spelled incorrectly in our Summer 2023 magazine. We apologize for this error.



Speak with a child who stutters in an unhurried way, pausing frequently.



SING SING SING SING

**Stuttering Foundation sits down with Amanda Mammana from
America's Got Talent and Marybeth Byrd from *American Idol***

STUTTERING FOUNDATION Q & A: AMANDA MAMMANA

Season 17, America's Got Talent, NBC



SFA: Tell us about your experience with stuttering as a child.

AMANDA: I was a very outgoing kid who loved answering questions at school, reading out loud, and making new friends. When I began to stutter, I became very shy and insecure. I was still very outgoing, but I would often give one-word answers and smile to make it seem like I was ok. Thankfully I had great friends and teachers who gave me a space to speak. I was so thankful for that, but I was still insecure and embarrassed. The battle was within and that ate me up inside for years. Going into my middle school and high school years were very difficult as new challenges arose like public speaking, interviews, and applying for college. I became more ok with my stutter, but I still shied away from a lot of opportunities.

Do you remember when you first began to stutter? Did you seek treatment? If so, did it help?

I went to speech therapy as an early teenager for about two years. When I got older, I went to a speech pathologist to help eliminate vocal strain when I spoke. While I was given techniques and tactics to release my throat and jaw while speaking, the stutter never went away.

What are the biggest challenges stuttering has presented to you?

I believe my stutter has stayed the same, but my outlook has changed a lot. I am ok with my stutter. I'm ok with taking a few extra seconds to say my name or order food at a restaurant. I'm ok with sounding "different". Stuttering is a part of me, but it doesn't define me.

How does stuttering affect you in your pursuit of a signing career? I've always been worried if people would take me seriously as an artist because I stutter. I was worried that people would see me as unintelligent or not ready. I spoke to a great friend of mine and he said this. "If you take yourself seriously, then those around you will." I had to learn to take myself seriously. I learned that I have the same chance as anyone else to make it into the music business despite my speech. While on occasion I might run into somebody that makes a comment or sees me differently, I know that I am capable.

How did you feel about telling the judges and audience about your own experience with stuttering?

When I stepped onto the stage in Pasadena, California I was so nervous. There was a split second where I wanted to run off the stage and hide but I knew that I was there for a reason. As soon as I opened my mouth, I had a block. As I looked out into the audience, everyone was on their toes waiting for me to speak. When I told everyone that I stuttered, it was like everyone exhaled. I believe that when we are vulnerable to others, we have the ability to create a space for everyone. Because I shared my struggles, people could relate to me. I think that is such a beautiful thing.

How is your stuttering today? What do you do to control or manage it, if anything?

My stutter is still present and affects my daily life, but I have accepted it. I know that it will probably never go away and that is ok. I do a lot of things physically to relax my body. First thing in the morning I journal and list things that I am thankful for. That puts me in the right heart posture for the day. I also take time to breathe and be silent to calm my body. Starting the day off right has been such a game changer for me mentally, emotionally, and physically. I think that is something that everyone should do.

How did you feel about telling the judges and audience about your own experience with stuttering?

The biggest challenge I face with my stuttering is interacting with people day to day. As a person who stutters, I want people to be educated on stuttering but that can come with a lot of challenges. Dealing with people who don't understand is tough but it's also beautiful because we have the opportunity to teach the world to be patient.

What is your greatest accomplishment with regard to stuttering?

I think my greatest accomplishment regarding my stutter was going on America's Got Talent. I had always wanted to be an advocate for stuttering, but I never believed I could until I found myself with the opportunity to use my speaking and singing voice. I think it's such a beautiful thing when we can use our gifts and talents to encourage others.

Based upon your experiences, what would you like to tell children who stutter?

I wish I had someone tell me when I was younger that I was not alone in my stuttering. We are not alone! There are so many people that go through things that make them think they are alone but that is a lie not worth believing. Just because we talk a little differently, does not make us any less.

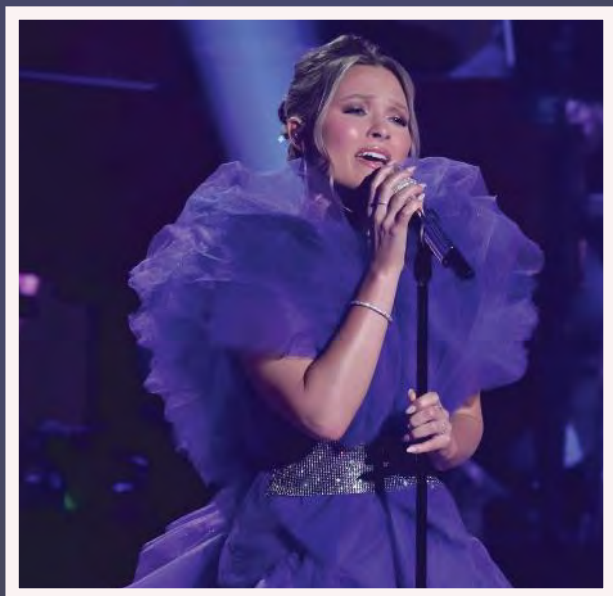
Based upon your experiences, what would you tell parents of children who stutter?

I am grateful to have parents that never treated me any differently. The biggest thing parents can do is assure their kids that they are strong, capable, and not alone. Recently I had the pleasure of attending the National Stuttering Association Annual Conference. One thing that we talked about was a lot of parents initially think that their child is going through a phase but a lot of the times that is not the case. That also might lead to parents contacting pediatricians instead of speech pathologists who will not only address the stutter but address the mental affects it has on children.



STUTTERING FOUNDATION Q & A: MARYBETH BYRD

Season 21, American Idol, ABC



SFA: *Do you remember when you first began to stutter?*

MARYBETH: When I began to talk.

Does it run in your family? Who else stutters?

My grandpa, Jerry Byrd, had a bit of a stutter - but not anything major if I can recall!

Did you seek treatment? Did it help?

My parents put me in Speech Therapy, but nothing seemed to help!

Tell us about your experience with stuttering as a child.

We all realized that when I sang, I didn't stutter! So they encouraged it and I loved it.

How does stuttering affect you in your pursuit of a singing career?

It's doesn't hold me back whatsoever!

Has your stuttering gotten worse or better since you were younger? How?

It's completely gone now! I really believe that music was a therapy for me. I notice that sometimes when I get overly excited or nervous, I trip up. But it's 90% gone!

How did you feel about telling the judges and audience about your own experience with stuttering?

I felt excited that American Idol gave me an outlet to tell my story.

Have your fans reached out to you since you made that admission during the show?

Yes, they have! So much positivity, it's been very heart warming!

What are the biggest challenges stuttering has presented to you?

It's definitely been a challenge, but also a gift! God doesn't make mistakes. As people, if we never had anything to overcome, we wouldn't be able to grow.

Based upon your experiences, what would you like to tell children who stutter?

I would tell them to find something that they're passionate about, and pursue it wholeheartedly! Don't let stuttering hinder you!

Based upon your experiences, what would you tell parents of children who stutter?

Please encourage your kids to be creative in how they overcome stuttering! You're doing great!



AHHHELP!



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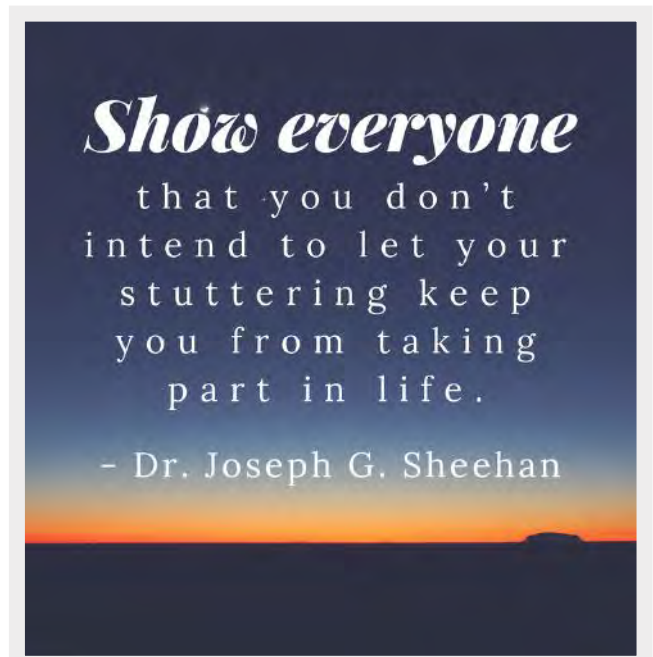
June 20, 2023

The Stuttering Foundation
 PO Box 11749
 Memphis, TN 38111

I am sending a donation in memory of my husband, Hal B., who had a substantial stutter when he was a child. When he graduated from college, he decided to seek jobs that involved speaking to clients so that he could improve his speech. It wasn't always easy, but his speech improved a great deal throughout his 20s and 30s. By the time he reached his 40s and throughout his 70s, his stuttering was virtually gone.

Hal succumbed to cancer in February but prior to that condition, led a happy and productive life. I feel privileged to have been married to him for over 55 years.

Sincerely,
 Linda B.





STUTTERING FOUNDATION CELEBRITY CORNER

JOHN GARFIELD

HOLLYWOOD'S ORIGINAL METHOD ACTOR

John Garfield had an amazing and short career as a Hollywood star. He had many impressive movie roles but his untimely death from a heart attack in 1952 at age 39 meant that his highly successful career was abruptly stopped in its tracks.

Garfield was born as Jacob Julius Garfinkel, the son of David and Hannah Garfinkle, both of whom were Russian Jewish immigrants. Growing up his family called him by the name of "Julie," which was short for his middle name of Julius.

His childhood was one of poverty in the Bronx, and on a couple of occasions his family life was so hard that he went to live with relatives for periods of time. It is safe to say that his embrace of acting took him off the streets and put him on the right track after his troubles at school and hanging around street gangs.

He received classes from The Heckscher Foundation, as well as individual help from actors in the Yiddish Theatre that took an interest in him. Finally, in 1932 he made his Broadway debut in *The Lost Boy*, which closed after two weeks but gave the young actor his very first credit. Many other stage appearances followed before he finally agreed to take a screen test; both Paramount and Warners had offered screen tests in the past.

One of his first films was as a young composer in *Four Daughters* in 1938, which was directed by Michael Curtiz and definitely put Garfield on the map. In fact, Hollywood was abuzz that a non-veteran actor received a nomination for the Academy Award for Best Supporting Actor. His high-profile film career cannot be done justice in this article. His most prominent films were *Body and Soul* (1947), *The Postman Always Rings Twice* (1946), *The Sea Wolf* (1941), *The Breaking Point* (1950), *Gentleman's Agreement* (1947), *Force of Evil*



John Garfield was an American actor who played brooding, rebellious, working-class characters. He grew up in poverty in New York City and moved to Hollywood in 1937, eventually becoming one of Warner Bros.' biggest stars.

(1948), Humoresque (1946), Pride of the Marines (1945), He Ran All the Way (1951), and Destination Tokyo (1943).

Garfield's acting was groundbreaking. He is considered the first "method" actor. A New York Times article from January 30, 2003, titled "Recalling John Garfield, Rugged Star KO'd by Fate" began, "Before James Dean and Marlon Brando, before Al Pacino and Robert De Niro, there was John Garfield." It continued, "Garfield's chip-on-the-shoulder style and his rugged looks often cast him as a social outsider on the screen: The persona affected actors from the 1950's onward."

David Heeley was the co-producer of "The John Garfield Story", a documentary which aired on Turner Classic Movies in 2003 and was followed by a festival of 25 Garfield films over the course of February 2003. At the time of the documentary's debut, Heeley said, "He's a forgotten star. He never lived long enough to become an icon like Humphrey Bogart."

Body and Soul: The Story of John Garfield, a 1975 biography by Larry Swindell addressed the stuttering of the young Julie Garfinkle, who would shed both his name and his stuttering to become movie star John Garfield.

Garfield's early education in the New York City public schools was very troubled and he was expelled several times and hung around with street gangs. When he was set on quitting school after the fifth grade, his family was successful in having him transfer to another Bronx school that had the reputation of being an innovative school in which troubled students might be turned around. In September 1926 Garfield was enrolled in P.S. 45, which was run by principal Dr. Angelo Patri. The Garfinkle family hoped that this school that had a good record of specializing in the rehabilitation of troubled students would work a miracle and get the young Julie on the right track.

Throughout his life, Garfield would praise Dr. Patri for turning his life around. The actor once said, "For a lost boy to be found, someone has to do





“corrective speech class”, which was the terminology of that time for speech therapy.

Larry Swindell wrote, “She was the first teacher he ever liked, and it amounted to a schoolboy crush. Mrs. O’Ryan thought she could build Julie’s confidence by getting him to recite in front of the class, and she assigned Thomas Paine’s words about the summer soldier and the sunshine patriot, ‘These are the times that try men’s souls’ He memorized the text flawlessly and Mrs. O’Ryan noticed he didn’t stammer when he knew what he wanted to say.”

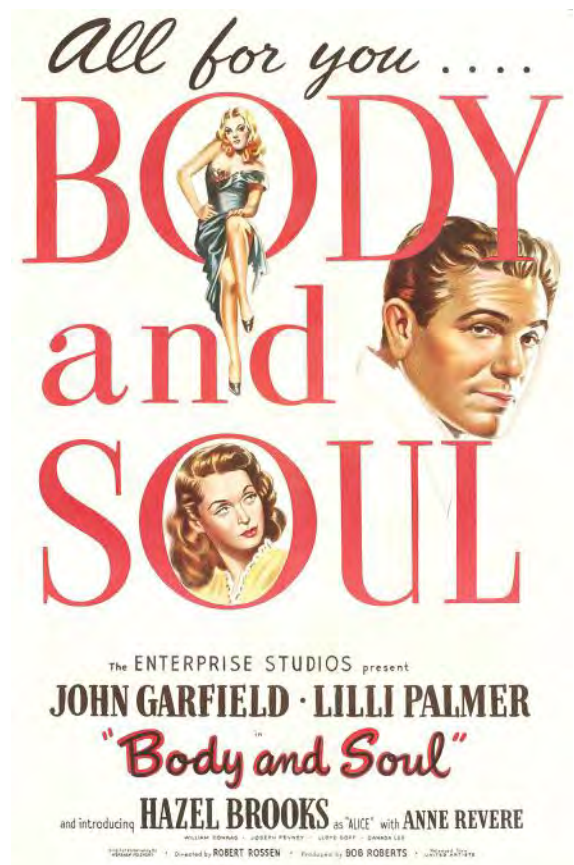
Mrs. O’Ryan was also the dramatics instructor and made the decision to further Garfield’s fluency in front of audiences by casting him in one act plays that were performed at student assemblies. From his earliest acting exercises in Margaret O’Ryan’s classroom, he extracted an earnest and clearcut will to become an actor.

the finding. Dr. Patri found me, and for reaching into the garbage pail and pulling me out, I owe him everything. The good things that came my way would not have been possible but for that sweet, funny man.”

Swindell’s biography states that in Garfield’s later years, his every reference to Angelo Patri had a ceremonial tone.

Patri himself later said about his famous pupil, “He seemed full of antagonism, as if everybody – all grown people- were against him. But there was really nothing wrong with Julie, and I liked him. He had a nice embarrassed smile, and because he lacked confidence, he had that bad stammer”.

Garfield did not acknowledge his stuttering until Dr. Patri brought it to his attention that he should try some type of a speech program. It is said that by enrolling the youngster in a corrective speech class, Patri delivered Garfield to the person who would have the biggest influence in his life. Mrs. Margaret O’Ryan taught a



Another biography, *He Ran All The Way: The Life of John Garfield* by Robert Knott, also addressed the actor's stuttering.

"Through O'Ryan's patient work, Julie began to lose his stutter, though he would sometimes draw upon it to imbue his screen portrayals in later years. With O'Ryan pushing him, he joined the school's debating team. She sensed that Julie had talent and cast him in several school assembly plays."

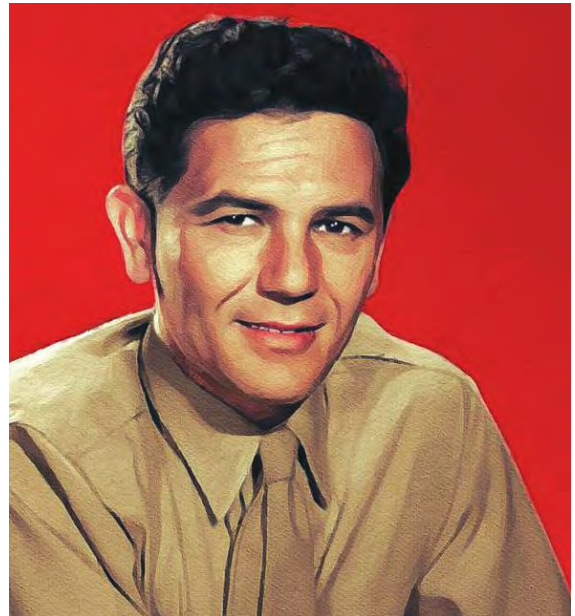
Playing in the school plays *The Division of Sir Launfal* and *A Christmas Carol*, he definitely loved the applause and caught the acting bug. Dr. Patri would say later, "He found himself in that acting class. The moment he started to play a part he forgot himself. He was the king or the beggar – or whatever part."

Acting definitely allowed the young Garfield to get lost in the world of make-believe. His childhood friend Arnold Forster elaborated on the situation, "Julie became obsessed with the stage. His only concern and thought was for acting. Everything he did was tied to that central focus. If I were a psychiatrist, I might say he was trying to escape the real world."

Knott's biography explored in detail the early examples of the acting techniques which later would make Garfield famous. He wrote: "O'Ryan and Patri were surprised and impressed with Julie's ability to grasp direction and develop character. Once during an acting exercise, O'Ryan ordered him to stand in the corner until he understood what it was like to be blind. He amazed her by returning fully immersed in character, as if he had been born blind. Patri said of this ability, "He would go off and stand alone for a few minutes. Then you could actually see him shed his own self."

In his theatre and film performances, there was never a sign of stuttering. During his years of fame, he never forgot how Dr. Patri and Mrs. O'Ryan had the strong intuition that speech and acting classes would help both his stuttering and self-image.

Unfortunately, Garfield's career and life faced obstacles towards the end of his life. Always a promoter of liberal politics, the actor in 1951 was called to testify before the House Committee on Un-American



Activities. While Garfield expressed that he opposed communism, he refused to name Communist Party members or followers. His forced testimony to this committee is largely viewed as having harmed both his reputation and career. His early death by heart attack at age 39 on May 21, 1952, was attributed to the actor's history of heart problems. However, friends and family knew that the severe damage done to his reputation after his testimony to the House Committee on Un-American Activities definitely took a toll on his heart issues and overall health.

While a brilliant life and awesome career were cut short at age 39, John Garfield serves as a striking example of a person who stutters who overcame his speech difficulties to have an amazing career which revolved around speaking. Of course, he joins many actors who used acting a tool to free them from their stuttering bonds. One of the most unique actors in the history of Hollywood was a member of the stuttering community.



Here's what some of our more than **253,000 friends** are talking about in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



Eminem, whose music Ed Sheeran credits as helping him with his stutter, joined the British pop star on stage recently in Detroit. Ed is on our list of Famous People Who Stutter on our website!



Elwood: I had a good friend in the Air Force who really had a stammer. After two beers his stutter went away. So when we would go out to the English pubs at night he was under so much social anxiety and other stuff that it was impossible for him to do anything until he had two beers, then he was cool.



James: Mel Tillis would be proud.



Janet: My dad stuttered throughout his life, except when he played his guitar and sang. Or yelled! We preferred the singing!



Stuttering Foundation



Clinicians and graduate students will benefit from our July podcast episode, 'Counseling 101,' an exploration and discussion about the power of active listening with Dr. Ellen Kelly.



Stuttering Foundation



Maggie: Yes. I attended the Successful Stuttering Management Program in 1997, and advertising played a huge role in our therapy. In fact, it is the singularly most significant thing I learned at the SSMP and have carried with me for 26(!) years. I do not usually advertise now, but the humbling act of advertising changed how I view myself as a stutterer. The changes that happened in my psyche stuck.



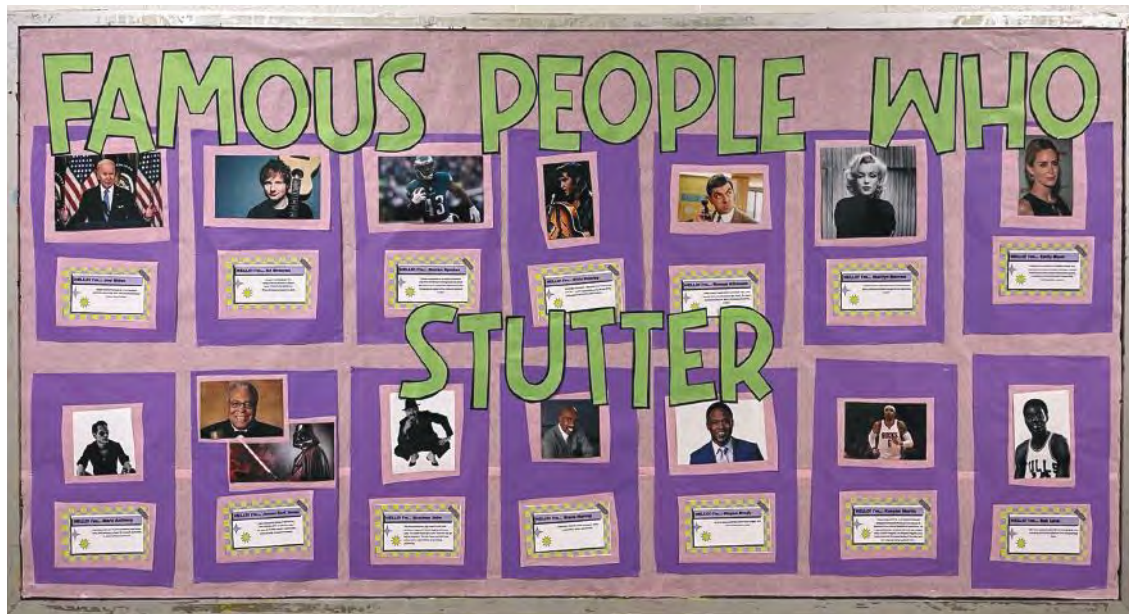
Chris: I have done this many times and got kicked out of job interviews within 30 seconds. Finally I found an employer who understands and gave me a chance at a job. When it was time for a career change with the same employer I had to convince them I knew the job. They let me job shadow the dept and then they found a spot where I fit the best. Now I am happy with the position I am in and I still have my hard days at communicating but I have found ways to help me communicate to users at the company.



Julie: But you also don't have to disclose if you don't want to! It's personal preference, and just because you don't self-disclose doesn't make you any less confident!

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

Rachel Love, M.Ed., CCC-SLP, of Murdock Elementary School in Marietta, GA, prepared a bulletin board of famous people who stutter for National Stuttering Awareness Week this past May. If your school celebrates NSAW please let us know how! Send your story and photos to info@stutteringhelp.org.



2023 GIFTS IN HONOR

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Jameson Acuff	Danielle Diekevers	Edward S. Hochman	Llogan Morris	Whitney Smith
William T. Adkins	Adriana DiGrande	Isabelle	Mr. Rooter Plumbing	Sachin Srinivasan
Ahmed	Dr. Joe Donaher	Chaitanya Jayanti	Mick Mulder	John G. Stebbins
Alicia from the park	Dave Doucette	'Junzhe'	Terrence L. Murgallis II	Mark and Donna Storm
All my students who stuttered	Mark E.	Saravanan Kaliyaperumal	My past students	Bruce Stouffer
Julio Amaya	Andrew Engelbart	Dr. Ellen Kelly	My son	Lauren Strada
Teresa Amaya	Florence Filley	Kendall	My wonderful grandchildren	Scott Strubel and Anne Brennan Malec
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Rachel and Kai	Derick Helton	Betty Malinak	Reuven Roslyn	Kristin, Robin, Arlo, Bodhi, and Lennie Wren
Dorothy D. Craven	Alejandro (Alex) Hernandez	Dr. Walter Manning	Luke Rutkowski	Dr. Patricia Zebrowski
James Crennan	Joaquin Herrera	Alex Manson	Tony Shaffer	Arden Zimmer
Jalyn Crittenden	Michael Herrington	Kenyon Martin, Jr.	Andrew Sharpe	Axel Zimmer
Jim Curran	Dr. Kim L. Hickman	Suzanne Michaud	Shannon Sharpe	
Casey Davidson	Allene Higgins	Tommy Milot	Hayden Short	

FLAUNT IT!

Stuttering Foundation t-shirts are some of the most popular items sold on our online store and at our conference show booth. We're always looking for new designs submitted by our friends and followers. Darcie Hultberg, M.S., CCC-SLP, teaches a fluency class at Biola University in La Mirada, CA. She offered extra credit to her students if they submitted a design to us for a t-shirt on stuttering. *Bravo to her and her students!!* Tell us what you think of these designs or submit your own artwork to info@stutteringhelp.org. Who knows, maybe your design will appear in the next magazine!



By Chelsea



By Rina



By Lee



By Kristy



By Grace



By Eric



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"I remember a long time ago, my grandpa told me: 'Don't ever let anybody tell you that you can't do anything because you stutter.'
- Darren Sproles



BENEFACTOR

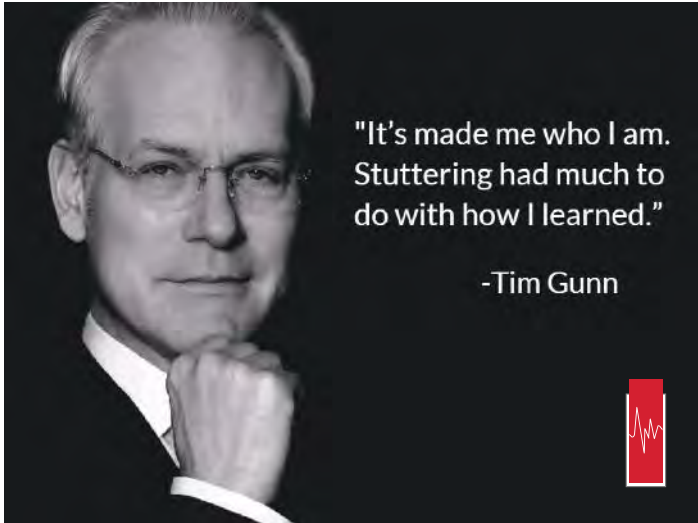
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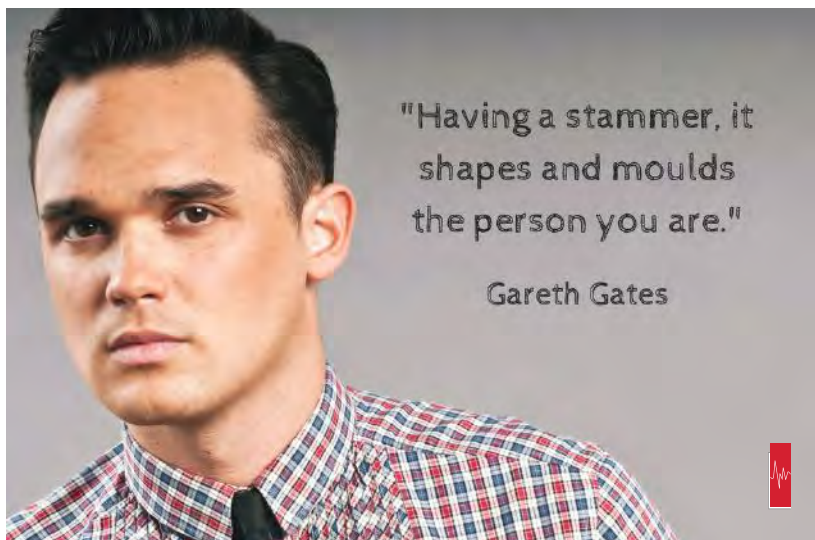


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