



THE STUTTERING FOUNDATION

A Nonprofit Organization

WINTER 2019

Since 1947... Helping Those Who Stutter

PRACTICALLY PERFECT IN EVERY WAY

Emily Blunt

HOW THE NEW MARY POPPINS
FOUND HER VOICE

PRACTICALLY PERFECT IN EVERY WAY

Emily Blunt

Disney has done it again. Last month, the movie studio released *Mary Poppins Returns*, a sequel to the 1964 classic film *Mary Poppins*. Decades after her original visit, the magical nanny returns, this time to help now-grown Jane and Michael Banks, along with Michael's three children. The film takes place during Depression-era London, where the family is facing a recent tragedy and experiencing a difficult time in their lives. Mary Poppins, with the aid of her friend Jack, helps the family rediscover the joy and wonder that was once missing in their lives.

The film features a star-studded cast, including the likes of Emily Blunt (*Mary Poppins*), Emily Mortimer (*Jane Banks*), Meryl Streep (*Topsy*), Lin-Manuel Miranda (*Jack*), Colin Firth (*William Weatherall Wilkins*) and Ben Whishaw (*Michael Banks*). While Dick Van Dyke came back to play the role of Mr. Dawes, Jr., the original Mary – Julie Andrews decided not to return. Andrews was set on letting Emily Blunt take on the iconic role and create her own version of the character. Emily was personally chosen by the director and approved by Andrews for the role.

Emily Blunt is well known in the stuttering community. Her name is prominently featured on the Stuttering Foundation's list of Famous People Who Stutter. She struggled with stuttering early in her life, but one teacher changed her life after encouraging her to act in a school play at age 12.

Emily Blunt burst into the limelight with her brilliant performance in the 2006 movie *The Devil Wears Prada*, but had gained attention previously with *My Summer of Love* in 2004. Emily Blunt's journey to fame began in London on February 23, 1983, when she was born to barrister Oliver Blunt and her teacher mother, who herself had enjoyed an acting career on stage and television before marrying and having a family. Emily's uncle is Crispin Blunt, the well-known Conservative Member of Parliament. Blunt's early life was filled with many fun activities at which she excelled, such as singing, playing cello and horseback riding. However, she never considered following in her mother's footsteps in acting because of her stuttering.





In the October 2008 issue of *W* magazine that featured a profile on Blunt, the article stated, “There’s an unwritten rule that all beautiful actresses must claim to have been total geeks in high school, whether or not they genuinely were, but Emily Blunt makes a far more convincing case than most. While growing up in a posh suburb of London, Blunt developed a stutter so debilitating that she could barely hold a conversation, let alone elbow her way into the limelight.” Blunt put forth in the article, “I was a smart kid, and had a lot to say, but I just couldn’t say it. It would just haunt me. I never thought I’d be able to sit and talk to someone like I’m talking to you right now.” Blunt went on to mention that a teacher recommended that she try acting.

In March 2009, in an interview for a newswire article that made its way from England to all corners of the globe, Blunt expanded on the role of her teacher leading her both into acting and into a life of fluency at the same time. Blunt said in the article, “I did have a bad stuttering problem as a child. I’d try to push the words out, but it was frustrating. My parents took me to speech coaches and

continued on page 6

THE RECEPTION HONORING. DR. LISA SCOTT AT THE DR. ALAN RABINOWITZ AWARD CEREMONY NOVEMBER 15, 2018

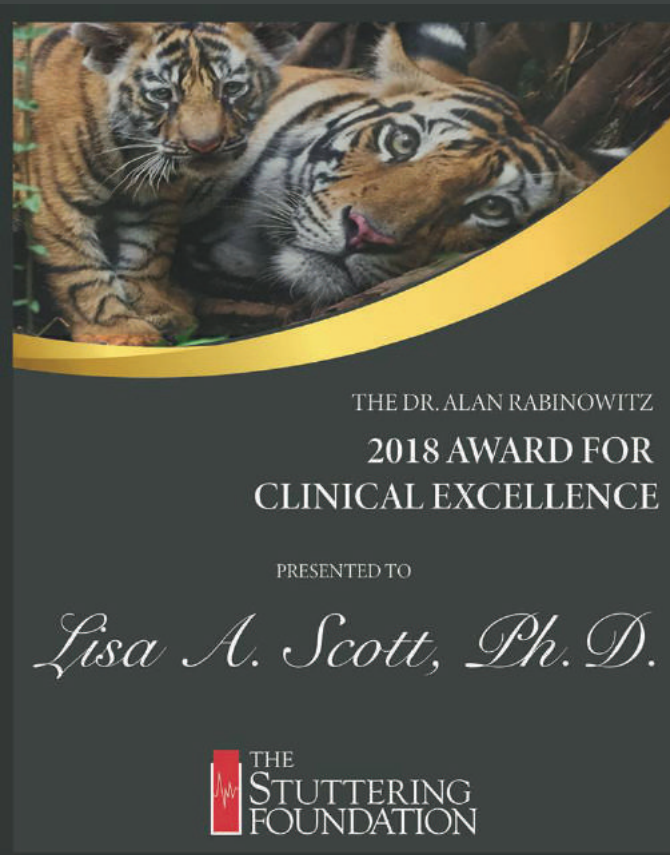
As is our tradition, the Stuttering Foundation hosted the annual reception at the 2018 ASHA Convention in Boston for past participants in our week-long summer workshops for SLPs.

Begun in 1985, the summer workshops have provided much needed specialized training in stuttering therapy to specially chosen SLPs who make a tremendous impact in the lives of children who stutter.

Foundation president, Jane Fraser, celebrated with over 50 attendees on the Thursday evening of the convention.



DR. LISA A. SCOTT HONORED WITH INAUGURAL DR. ALAN RABINOWITZ AWARD FOR CLINICAL EXCELLENCE



Memphis, TN (November 15, 2018)—The Stuttering Foundation bestowed the inaugural Dr. Alan Rabinowitz Award for Clinical Excellence to Lisa A. Scott, Ph.D., at a Foundation ceremony during the 2018 American Speech-Language-Hearing Association Convention in Boston. The award comes with a cash prize of \$10,000.

In presenting the award, Stuttering Foundation President Jane Fraser said of its namesake, “Alan enriched so many lives throughout the stuttering world. His passion and his steadfastness were unparalleled. He knew instinctively how much the soul of humankind needs wild places and the magnificent animals that dwell there. And that passion led him to ensure that stuttering would never keep him from changing the world.”

“The same can be said of Lisa Scott, whose remarkable career has touched hundreds of thousands of lives. Students all over the world are trained using her masterpiece, Basic Clinical Skills. Another of her works of art is the workbook for school-age children. Although her name is listed as editor, she was the driving force behind its coming to fruition.

“Both were able to see the bigger picture – Alan for the magnificent animals, wildlife and their habitat as a whole, and Lisa for the community of those who stutter and the therapists who work with them – but each also focused on the individual,” she added.

Dr. Rabinowitz served as a board member for the Stuttering Foundation until his passing on August 5, 2018. Known around the world as one of the foremost conservationists of ‘big cats’ through his work with Panthera, Alan will forever be remembered by the stuttering community as a true inspiration. His book, *A Boy and a Jaguar*, chronicles his fulfillment of a promise to speak for animals, and people, who cannot speak for themselves.

Lisa A. Scott, Ph.D., CCC-SLP, is Director of Clinical Education and Research Associate in the School of Communication Science and Disorders at Florida State University. She is a Fellow of the American-Speech-Language-Hearing Association (ASHA) and holds the ASHA Certificate of Clinical Competence in speech-language pathology. She is also licensed as a speech-language pathologist by the Florida Department of Health.





"I WAS A SMART KID, AND HAD A LOT TO SAY, BUT , I JUST COULDN'T SAY , IT. IT WOULD JUST , HAUNT ME. I NEVER THOUGHT I'D BE ABLE TO SIT AND TALK TO SOMEONE LIKE I'M TALKING TO YOU , RIGHT NOW."

relaxation coaches. It didn't work. Then one of my teachers at school had a brilliant idea and said, 'Why don't you speak in an accent in our school play?' I distanced myself from me through this character, and it was so freeing that my stuttering stopped when I was onstage. It was really a miracle."

Later in that month, Blunt appeared on the Ellen show and began the interview by talking at great length about her childhood stuttering with host Ellen DeGeneres. The topic of stuttering dominated the interview, with DeGeneres asking the question of what caused Blunt's stuttering; appropriately, Blunt answered "I don't know." They discussed the hardship that a young person who stutters goes through, and DeGeneres was genuinely fascinated about the phenomenon of a person who stutters being about to use a fake accent to speak fluently. Of course, Ellen DeGeneres' interview with Emily Blunt can be viewed on YouTube.

At the time, Blunt was on the Ellen show to promote her new movie *Sunshine Cleaning*. Her next movie to be released was *The Young Victoria* in which she plays a young Queen Victoria. There was little doubt that Emily Blunt, who won a Golden Globe award in 2007 for the mini-series *Gideon's Daughter*, would be prominent on the worldwide entertainment scene for many years to come.

Blunt has had numerous high-profile movie roles since including, *Into the Woods*, *The Girl on the Train*, and *A Quiet Place*. *Mary Poppins Returns* has already been nominated for multiple awards, including a Golden Globe for Best Actress. The stuttering community hopes she will continue to give more attention to stuttering by being so candid in interviews and putting a face on the speech disorder.





Dear Jane,
I was speaking to my aunt's book club in McKenzie, Tennessee, Monday night when a speech pathologist in the audience held up a copy of your magazine. It does get around.

- Vince Vawter

Vince Vawter, a native of Memphis, retired after a 40-year career in newspapers, most recently as the president and publisher of the Evansville (Ind.) Courier & Press. Vince's debut novel, PAPERBOY, received a Newbery Honor award in 2014. The story is based on his real-life experience growing up in the 1950s as a person who stutters. Vince spends his retirement traveling the country and discussing his books with schools, reading and education groups, as well as stuttering advocacy organizations.

SHELBY RAILROAD: COMMITTED TO THE STUTTERING COMMUNITY

Kirk and John Tarver and their Memphis-based Shelby Railroad Services Inc. raised more than \$10,000 for the Memphis-based Stuttering Foundation. Shelby Railroad held their annual fund-raising golf outing and dinner on Sept. 18 at Wedgewood Golf Club, in Olive Branch, Miss.

"The Tarver Family and Shelby Railroad Services have demonstrated an unbelievable commitment to helping others and giving back to their community" said Donna White of the nonprofit Stuttering Foundation.

Jane Fraser, president of the Stuttering Foundation, added "We are extremely grateful to Shelby Railroad and the Tarver Family for their incredible gift of \$10,150. This act of kindness will help Stuttering Foundation serve our community here in Memphis, and all around the world."

The golf outing honors Ruth McGuiness Tarver – the late mother of company president and founder John Tarver. Ruth stuttered from the time she was a young child.

"She was a wonderful lady," Shelby Railroad Vice President Kirk Tarver said of his grandmother. "Her stuttering never mattered much to us, but for her it was a source of great embarrassment. She felt shame, humiliation and defeat her whole life. Eighty years ago, there wasn't any real help for people with speech issues."

The Stuttering Foundation closed its office early and the staff joined in the celebration.



How Accepting My Stutter Made Me More Genuine

By James Hayden

The quote below is from the seventh episode of one of my favorite TV shows, *This Is Us*. In this scene, Jack Pearson (Milo Ventimiglia) is talking to his adopted ten-year-old son, Randall (Lonnie Chavis), about owning our differences and being all that we can be. In the episode, Randall hid his intelligence as a means of fitting in with his siblings and classmates. While re-watching the season, this quote stood out to me because it helps describe my journey with stuttering.

When I started college, my stutter had just recently returned after a six-year hiatus. Eighteen-year-old me was nervous about bringing this friend from home with me to college because I didn't know how people would react. Because of this, I focused all of my time on extracurricular activities and studying. I wanted to be known as James who excels in academics, James who is heavily involved in the Catholic Student Association, or James the forensics major, not James the stutterer. Being involved in

numerous activities and excelling academically, people didn't know me by my stutter and I was ok with that. Looking back, I immersed myself in my school work and extracurricular activities because I was nowhere near ready to accept and own the fact that I stutter to others, much less myself. Yet, the constant desire to be known for anything but my stutter caused me to bury my emotions on stuttering and in turn everything else. Or maybe it was the other way around. Either way, I harbored a lot of pent up emotions about stuttering and life that didn't come out until I was in speech therapy hashing this out.

People knew I stuttered because I openly stuttered; however, I never openly talked about it. And if we are being truly honest, I did not openly stutter all the time. Far too many times, I pretended I didn't know the name of my apartment complex and in order to tell someone where it was I described the businesses around it. I pretended I didn't know the name of the city my college was

in. These two places, Hillendale and Hattiesburg, begin with the letter "H", a letter I have a hard time saying. I did this not because I was unaware of what they were called, but rather I was embarrassed of my stutter and didn't want to show the person I was talking to that side of me. I did my best to hide my difference. I wanted to stand out for anything other than stuttering. As a result, I wasn't my true self.

When prideful twenty-year old me re-entered speech therapy in the fall of 2013, I didn't know what was in store for me. What I did know is that no one could know that I was back in speech therapy. For years I had put on the mask of being ok with stuttering, when in reality, the face behind the mask wasn't ok with his stutter. I couldn't let people know the mask was there and I had to do it by any means necessary. Once again, I was doing my best to not stand out and hide my biggest difference. This trend continued for the better part of a year.

"I want you to stand out. I want all of you, to be as different , as you can possibly be, in all the best ways."

- Jack Pearson (*This Is Us*)

The few times I did tell someone I was in speech therapy it was said with a degree of shame and embarrassment. As if the world would end and everyone would think less of me. I felt that by telling people this fun fact about me I would be indirectly telling people that I've been wearing a mask for years. When I told someone my dirty little secret I made him/her promise they would not tell anyone else. Yet again, I was doing my best to not be my true self.

I spent two years in speech therapy and during that time my true self started to come out. Yes, I learned and re-learned techniques to reduce my stutter, but more importantly I started to accept my stutter. I allowed myself to talk out my thoughts and emotions about stuttering with my speech therapists and in turn started to talk about my thoughts and express my emotions on things that had nothing to do with stuttering. However, I kept most of those conversations confined to the four walls of the therapy room. I was not fully ready to talk about my thoughts on stuttering or anything else with others. The few times I did have these conversations it was with the closest of close friends.

As those two years came to end, my time in college did as well. I was now in this scary place called "post grad life" and now thrust into the "real world." A few months after graduating, I moved to a new city for a job. It was in that city that I first went to my stuttering support group meeting. I had known about these meetings for years, but I used every excuse in the book to convince myself to not go. In my new city I looked up the support group and saw there was a chapter that met at the local library, which happened to be less than five minutes from

apartment. I decided to go as a means of meeting new people, seeing what this whole support group thing was all about, but mainly to see if "acceptance" was a real thing.

You see, by the end of my two years of speech therapy I had a sense of self-acceptance with my stutter. I remember walking through the doors of the library that cool October night having a desire to see if my acceptance was real. Although I had a sense of self-acceptance, I still wasn't ready to accept it with others. I had no idea where in the library the meeting was, and I was not about to ask someone. I almost left the library and vowed to try again next month because of my lack of acceptance with others. I didn't only because I saw two college aged students in scrubs who I figured they were SLP students and I followed them to the meeting. I walked into that meeting with no idea what to expect and thought this would be both my first and last support group meeting. Boy, was I wrong. I walked out of that meeting knowing that my self-acceptance was real. My next step was to be able to accept it with others. Slowly, I was beginning to embrace my biggest difference.

Over the next three years, I was able to further accept my stutter with myself and also with others. The first way I accepted my stutter with others is by wearing stuttering related clothes. I went from being mad at receiving an "iStutter" pin to wearing that pin and stuttering

related t-shirts on a somewhat frequent basis. Another way is on social media. I went from only "liking" stuttering related articles on Facebook at 1:00am in hopes of few people seeing it to now regularly sharing them. My biggest way is by writing about my journey with stuttering. A few years ago, stuttering was something I talked about with the closest of close friends. Now, I write about it and share my journey and experiences with the world. My writing has made me ask myself, "Why do/did I do this?" and, "Why do/did I think this certain way?" These questions cause me to be honest with myself. In turn, I am more genuine with others. My stutter has caused me to be the most honest version of myself and I no longer hide my difference. I stand out and am my true self, stutter and all.



ALZHEIMER'S DISEASE STUDIES SUGGEST NEW AVENUES FOR STUTTERING RESEARCH

Dennis Drayna, PhD

Recent studies of Alzheimer's Disease have produced results that could someday impact new treatments for stuttering. A research group led by Drs. Xunde Xian and Joachim Herz at the University of Texas (UT) Southwestern Medical Center studied how a molecule known as APOE4 moves through nerve cells. ApoE4 is the largest known risk factor for Alzheimer's disease, and humans who carry a particular variant in ApoE4, for reasons that are not yet fully understood, have an increased chance of developing brain cell abnormalities that lead to the loss of memory and other brain functions in this disease.

The UT Southwestern group investigated the failure of ApoE4 to properly move within cells, a process known as intracellular trafficking. They identified a likely cause of this failure of intracellular trafficking, and they went on to find pharmacological agents that could correct it. These agents not only restored proper trafficking of ApoE4, but also the proper trafficking of other important molecules in the brain known as neurotransmitter receptors, which are trafficked along with ApoE4. This represents an important new approach to treating Alzheimer's Disease.

The main hallmarks of Alzheimer's Disease damage in the brain are called amyloid plaques and tangles. These features are prominent in the brains of individuals who have died of Alzheimer Disease, and many of the drugs being developed for this disease currently take the approach of either preventing the formation of these plaques and tangles, or helping the body to get rid of them.

It is now becoming clear that intracellular trafficking defects can precede the appearance of amyloid plaques and tangles in individuals who will develop Alzheimer Disease. This has led researchers to speculate that a better approach to Alzheimer's Disease treatment might be to correct trafficking defects, rather than focus

on amyloid plaques and tangles. However, research approaches that seek to correct intracellular trafficking defects have not been available. The work of Drs. Xian, Herz, and colleagues now shows that such approaches exist, and that they can be used to identify exciting new drug-based approaches for this disease.

What is the relevance of these research findings to stuttering? Research studies over the past few years have begun to identify genetic factors in stuttering, and although the genes involved have diverse functions, all are involved in intracellular trafficking. Because research approaches aimed at correcting intracellular trafficking deficits were largely non-existent, the translation of these basic research findings into improved therapies for stuttering faced a large hurdle. The findings of Xian, Herz, and colleagues now substantially reduce the height of that hurdle.

While the first disorders to be associated with trafficking deficits were all rare inherited disorders, recent finds such as those in Alzheimer's Disease suggest that such deficits also likely underlie many more common disorders. As demonstrated by the work of Xian, Herz, and colleagues, fundamental laboratory research on these common, severe neurological disorders may have an added dividend, producing findings that may be highly relevant to stuttering.



Dr. Drayna serves as a Section and Laboratory Chief at the National Institute on Deafness and Other Communication Disorders.

Reference: Reversal of ApoE4-induced recycling block as a novel prevention approach for Alzheimer's disease. Xian et al. eLife 2018;7:e40048. DOI: <https://doi.org/10.7554/eLife.40048>



DEAR SFA:

KIDS' LETTERS TO THE STUTTERING FOUNDATION

Don't Let Stuttering Get In Your Way

Hi, my name is Annod and I'm 9 years old. I love in Norfolk, VA. I have a baby brother who I love the most. I like Hot Pockets and video games. My stuttering started when I was 7 years old and ever since I stutter non-stop. When I stutter it sounds like I'm in a car with the windows down on a windy day. What I'm trying to say is the wind makes an echo which repeats what I say and the way I can stop it is by slowing down. Speech therapy helped teach me that stuttering isn't something you can control. I learned to be confident and to never worry about my stuttering.

I was different than the people in my neighborhood because they could talk clearly and I stutter. I sometimes stutter if I talk to a teacher or to a group of students. When I was on stage for career day last year, I felt nervous. My body felt sick, but I still talked and when I was done my body felt good because I got out all of the words I wanted to say. Stuttering messes me up when I talk too fast, it blocks me from what I'm trying to say. I can't say what I want to say. If I could talk to my stuttering, I would say, "Can you only annoy me when I'm alone?" so I don't embarrass myself. I don't want my stutter to leave because without it I would never be myself.

When I first started stuttering, I didn't like repeating words. If you stutter, you should know that stuttering happens randomly and you can't control it. Don't let stuttering bother you because it might get in the way of what you think and do if you let it. You are unique.

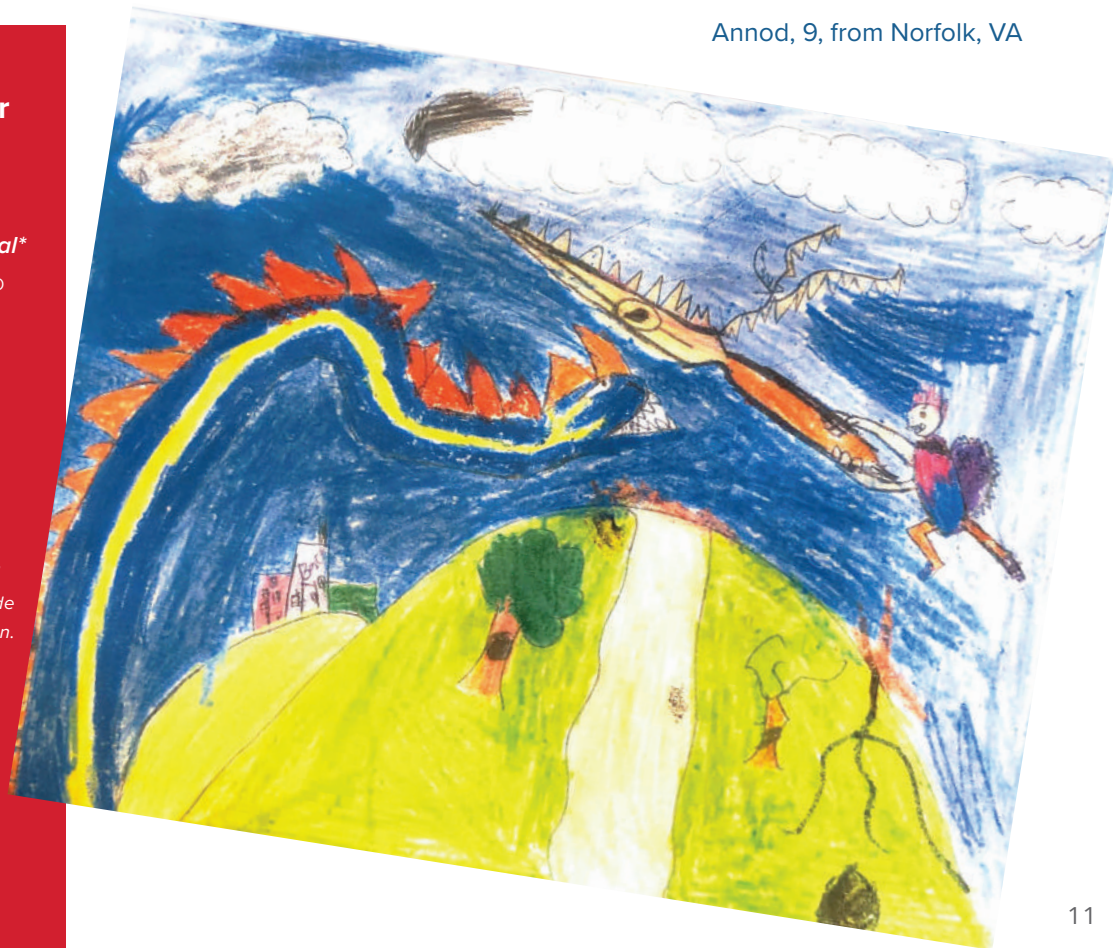
Annod, 9, from Norfolk, VA

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

Please email your letters, *original** color artwork and/or photos to info@stutteringhelp.org, or mail to:

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

We attempt to respond to each child personally so please be, sure to include adult SLP or parent contact information. Photocopies and faxes of artwork cannot be accepted. Photos can be mailed or sent via email.



IT IS OKAY TO STUTTER

My name is Katie. I am 11 years old and I am in the sixth grade at Ada Middle School in Ada, Ohio. The things I like to do are: singing, swimming, reading, cheer leading, dancing and hanging out with my friends. Oh yeah, and I stutter.

When I stutter I can't get the words out and I get stuck (blocked). I also repeat things over and over again until I can get started with what I want to say. Sometimes I use words such as: like, um and ah. A strategy I have learned with Mrs. M is to stop and think about what I am going to say before I say it. I could take a breath and start talking when I exhale that breath. I also slow down when I am speaking. I can use nice calm breaths and relax before I start talking or if I am bumping a lot. Sometimes I sing my way in when I talk.

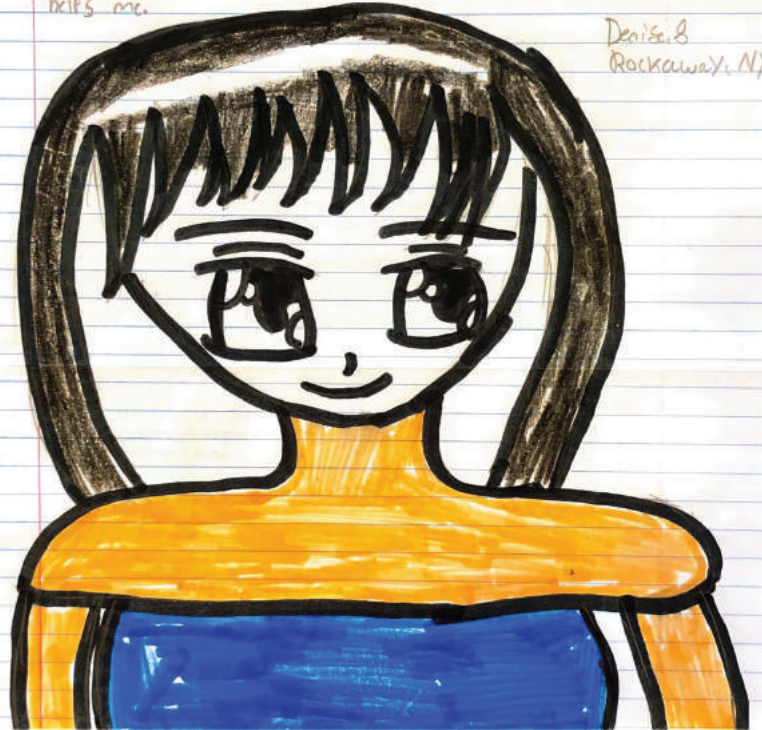
If someone teases me about stuttering, I say why are you making fun of me? I was born this way so be kind, please. No one is perfect and everybody has a problem or something in their life that is difficult for them. You probably have something, too. If I meet someone else who stutters, I would say, you are not alone. You are perfect just the way you are so go ahead and stutter. Don't feel like you have to change yourself for other people because you don't. Sometimes you might want to slow down and work to not stutter but if you can't, don't be ashamed of it. I don't let my stuttering stop me from doing things I love. Stuttering is not a disability it is a different way of speaking and you can be anything you want to be! If you want to play a sport, dance or sing, there is no one stopping you, so just be yourself and do it!

Katie, 11, from Ada, OH

Stuttering is Hard

Hi, my name is Denise and I'm 8 years old. I'm in 3rd grade and I love to draw. I go to Water Side Children Study School. Also I love Fortnite, Roblox, Minecraft. My birthday is on January 16, 2006. My speech is bad I can't really talk because I get so nervous and I can't speak. The things I use to help me is to stop, breath, and talk. My speech teacher is Miss A and she helps me.

Denise, 8
Rockaway, NY



I Am Confident About Stuttering

Hello, my name is Easton and I am 7 years old. I go to McSwain School in California. I feel sad that I always stutter. I have been in speech for two years. I like Stephen Curry because he is a '3 god' in basketball. My speech therapist, Mrs. P., and I feel like a full breath helps me the most. I like to sing and when I sing, I never stutter. When I was little, I was stuttering like crazy and my mom always reminds me to take a full breath.

Easton, 7
Merced, CA



Stuttering Hero and Cousin Are Safe

My name is Alex. I'm 9 years old. And I go to North Shore Elementary. I have a stuttering problem. A lot of people make fun of stuttering. I like video games such as Fortnite. I talk to my cousin on it. I feel safe when I talk to him.

Alex, 9, from St. Pete, FL



Hi, my name is Aaron. I live in Mullica Hill, New Jersey. Famous people also stutter. Like James Earl Jones. He plays Darth Vader in Star Wars. His stuttering was so bad he claims that he didn't speak to anyone for 8 years. His way is to just get through it. This is my second year in speech class. What I do when I stutter is I stretch the word. I get stuck on my I's a lot. So what I do when I get stuck on ice cream is I stop and stretch ice-cream like I-ee cream.

Aaron, 10, from Mullica Hill, New Jersey



IT'S OK TO STUTTER

Hi, my name is Eric. I am 11 years old. I live in Danbury Connecticut. At my house I like to play soccer, beyblades, ride my bike and play games. In my family I am the oldest kid, my sister is 9 and my little brother is 5. When I wrote this, I was a student at Ellsworth Avenue School and I was in 5th grade.

I started stuttering when I was in 2nd grade. I have the best speech teacher ever, Mrs. F. She helps me by giving me strategies to use when I am stuttering. The strategies that best help me are stretching out my words, bouncing a sound when I get stuck and slowing down when I am talking fast. I am lucky that in my school there is no one who makes fun of me because of my speech. Mr. C., my classroom teacher encourages me by asking me to talk more in my class using my strategies.

Today I am in middle school and 6th grade. I am happy that I am me and I am no one else, and I am happy no one makes fun of me.

Eric, 11, from Danbury CT



Comic by Stephan, 12, from Warren, OH



STUTTERING IS KIND OF A GIFT

My name is Lucky. I am a 5th grade student at Lincoln Elementary School in Hastings, NE. My name is Lucky because I was born in a leap year which is on February 29, it comes every 4 years. I'm 10 years old, and on my birthday in 2016 I got to serve cake to every student in the school, 300 kids! My favorite thing to do is hang out with my friends outside. I like WWE which is wrestling.



I think that not that many people stutter, it's kind of a gift! I stutter and I have a nice Speech-Language Pathologist who helps me learn about stuttering. Her name is Mrs. T. She is a great learning teacher. I think people who stutter should have her.

For an example, an athlete moves smooth, like easy onsets. When you talk you should have an 'h' like horse, and you breathe into the 'h.' The point is athletes move smooth, like your words when you want to speak I public.

Lucky, 5th grade, from Hastings, NE

What It's Like to Stutter

Hi, my name is Luke and I really like I Survived books. I am 9 years old and I stutter by having mostly repetitions where I repeat sounds again and again. Some people bully me about stuttering but I really don't care. Some ways I can help it include I can tap my side. Tapping my side helps me get the rhythm of the word, or, I can also do prolongations. Sometimes I laugh or just ignore when people make jokes about my stuttering. When I stutter, I feel like no one cares about me because I take too long to talk.

Luke, 9, from Leavenworth, KS



Just Don't Mind It

Hi, my name is Tanner. I am 10 years old and I stutter. I do easy onset. I don't mind it when I get teased. I just ignore it. When people ask me I tell them what started it all. I started stuttering in second grade when I was 6 or 7. Reading helps me a lot.

Tanner, 10, from Leavenworth, KS



My name is Alexia Lyne. I've been apart of the Stuttering Foundation for about 6 years. I'm currently 14 years old. Knowing that these people in these magazines stutter like I do really boosts my self confidence to know that I'm not different from everyone else. My stuttering is pretty controlled for the most part but I couldn't have done it without my amazing speech teacher that helped me for two years and helped me improve my speech. Mrs. Walsh, if you're somehow reading this, thank you so much for everything you did for me. And to all the kids that stutter and think that you don't fit in because of it... Just remember, being different makes you who you are, and who you are is an amazing kid.

-Alexia, 14

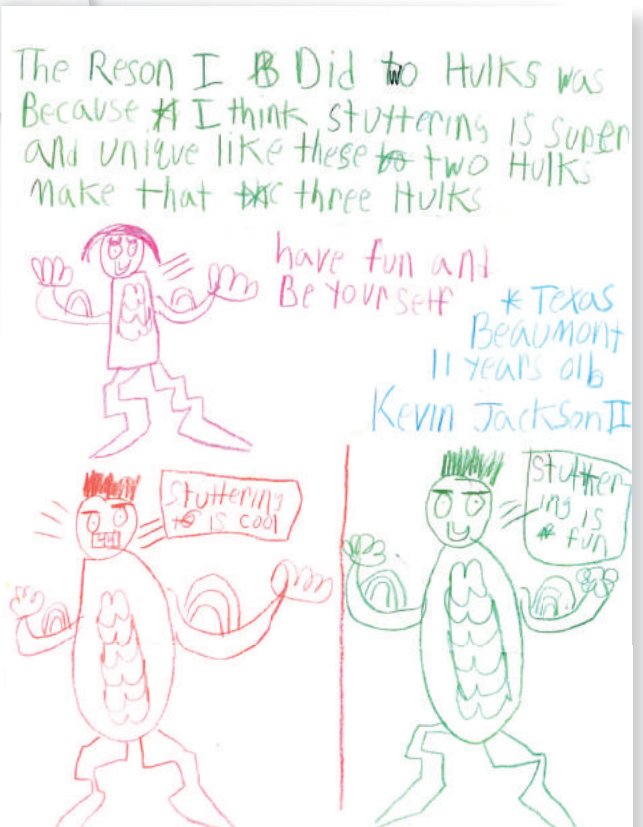
Alexia, 14, from Morganton, NC

Editor's Note: Alexia – We know for certain Mrs. W reads the Newsletter magazine. She is still helping other children, like she did you, and you are a favorite student! Though Mrs. W loves all of her students, she remembers you too. Thanks for letting us all know how you are doing – you are an encouragement to other kids!

Have Fun and Be Yourself

The reason I did two Hulks was because I think stuttering is super and unique like these two Hulks – make that three Hulks! Have fun and be yourself. Stuttering is cool. Stuttering is fun.

Kevin, 11, from Beaumont, TX



Never-Ending Tunnel

Hello. My name is Toni. I live in Pittsburgh, Pennsylvania and I am 11 years old. Since the first day of school, I've been judged for the way I speak. Sometimes when I'm nervous or excited, I take a long pause or repeat parts of my words. When I was younger, a lot of my teachers and classmates had a hard time understanding me and asked me to repeat my words. I sometimes got bullied too. This made me feel frustrated. My advice is to not let bullies get the best of you – ignore them!

I have been going to speech therapy all of my life. I pictured speech therapy as a never-ending tunnel, but then once I got older I finally saw light and realized that it was paying off. I guess I'm at the very last bit of the tunnel and maybe, just maybe, I can break free from the tunnel.

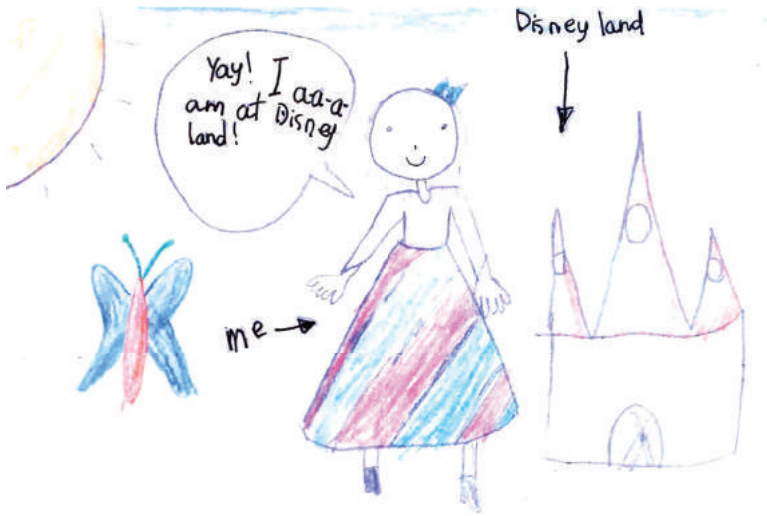
Toni, 11, from Pittsburgh, PA

Friends Are Always Nice To Me

Hi! I'm Evan. I stutter. It is very hard to keep my breath. Some people support me except for one. My life is hard when I stutter. My friends will always be nice to me. I have a nick name because of my friend Tomas! My favorite game is Minecraft with rank – he is my best friend. My speech teacher helps me all the time and her name is Ms. W. She is fun and we do all sorts of games. Well, bye! Thank you!



Evan
Ballston Lake, NY



My Stuttering Advice

I am going to tell you about stuttering. There are many ways to stutter. Sometimes I repeat sounds more than once, especially when I am excited. I use my strategies to keep me from stuttering. My strategies are to talk slowly and take a deep breath. It is important to use your strategies.

Avni, 7, from Fremont, CA



I Like to Use Easy Onset

Hello, my name is Andres and I stutter. I go to speech at my school. We learn about ways to help with my stuttering. Like in the comic, I like to use easy onset. I use other strategies to deal with stuttering too.

Andres, 9
Cold Spring, NY

I Don't Get Embarrassed

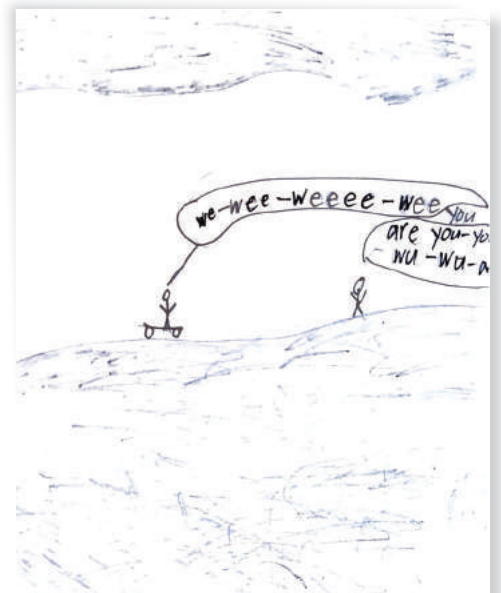
Hi – my name is Maggie and I live in North Carolina. I've been stuttering since Kindergarten. I don't get embarrassed but I do get made fun of sometimes. I have a good speech teacher and she helps me a lot and she is very kind. So, I think she will help me stop stuttering and use good strategies.

Maggie, 10, from Marion, NC

Try and Try Again

Hi! My name is Evan. I stutter at home and at school. I use turtle speech to help me speak better. Some kids laugh at me when I stutter and I feel bad. I try to use my turtle speech to speak better. My mom said my speech is getting better. I will try harder to have better speech.

Evan, 8, from Pinole, CA



Malcom - 9/24/18
 My name is Malcom I'm 10 years old and I like to play football. I started stuttering when I was 4 years old. I go to speech at Chandler Elementary. I did a power point with my class and speech teacher.

I'm ten years old
 and from Africa Nigeria

Don't let stuttering
 hold you back!
 In LIFE!



Malcom, 10, from Worcester, MA



I'm OK When I Stutter

Hi - I'm Gabby and I'm a 10 year old and I stutter sometimes. But for me, it's ok because I've gotten used to it. Also, my niece does it too, but she doesn't know it yet. I have two dogs, a turtle, and two fish. I'm ok when I stutter and everyone else is too.

Gabby, 10, from Norfolk, VA



Stuttering is Not a Problem

Hi, my name is Tripp. My favorite color is purple. My favorite sport is basketball. My suggestion is stuttering is not a problem, it's something you need to work on. People might laugh or make fun of you when you stutter, but you should always remember to not worry about what they say. I love to come to speech and work on my stuttering.

Tripp, 9
 Land O'Lakes, FL

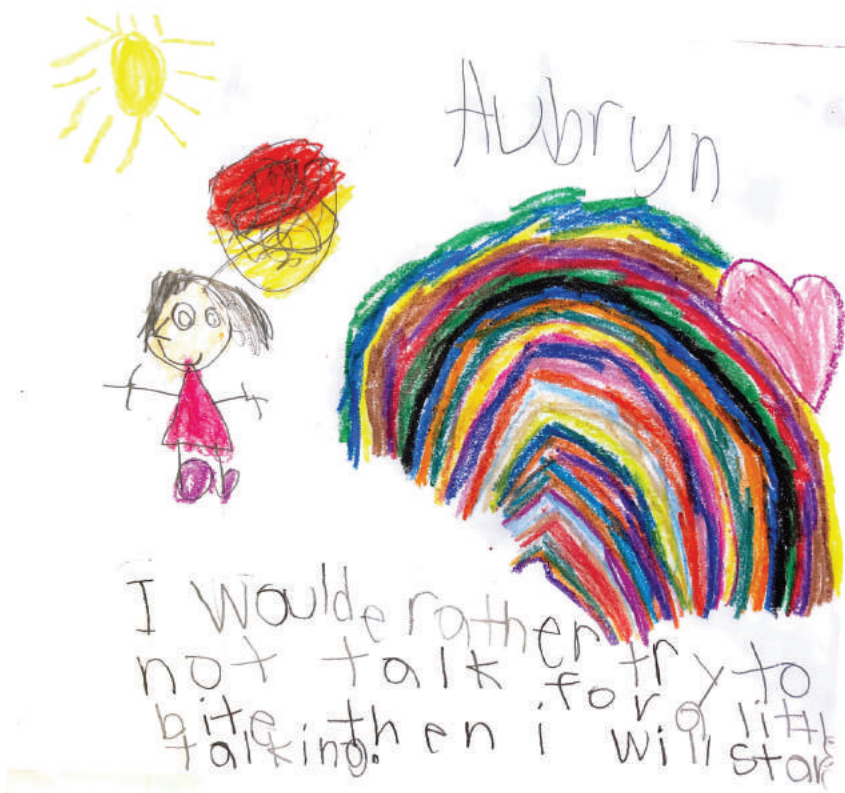
Dear Stuttering Foundation,

My Name is Zac. I am 14 years old and have stuttered for as long as I can remember. I have been to many different speech clinics to try and get help. I go to a relatively small school and there I am the only one that I know of that stutters. Being in a small school means talking to more people and having to give more presentations. With all the time spent in the clinics I have learned many strategies to try help me speak fluently but the ones that help me the most are the rate changes and smooth blending.

With my close friends I don't have too much of an issue with it because they all know about my stutter and I'm comfortable with them. Presentations are different. I find that it helps to practice your presentation many times and to mark a certain spot or have a mental queue to remember when to do a rate change or other skill during your presentation. Another thing that is tough is talking to my teachers and coaches. All of them know about my stutter but when I do get stuck on a word talking to them I feel like I am wasting their time or get kind of embarrassed. One thing that helps me with this is planning out what I'm going to say before I talk to them. Also, speaking slow helps.

My advice is to try not let it make you avoid certain situations too much and just be yourself and don't let your stutter get in the way.

Zac, 14, from Spokane WA



SOMETIMES I TAKE A BREAK

I would rather try to not talk for a little bit. Then I will start talking.

Aubryn, 2nd grade, from Pell City, AL

Stuttering is Special

Stuttering makes me feel special because only 1% of the world stutters. Another reason I like stuttering is because I get to go to speech class with Miss K.

Marcus, from Mesa, AZ

You Are Perfect

My name is Faith and I am 8 years old. I go to Indian Creek Elementary. I enjoy spending time with my family. They are really funny and nice. We make movies and have picnics. I've been stuttering my whole life. I realized I stuttered when I was 6. I get made fun of all the time. I believe in myself and just move on and know I will get better each day. I use full breath and stretchy speech. I like going to speech. My speech teacher is really fun and enjoyable to spend time with. My advice to you is that you can get better at speech. You will get better at it by practicing your speech skills. If you get bullied, remember, you are perfect the way you are. Thank you for reading my story.

Faith, 8
Olathe, KS

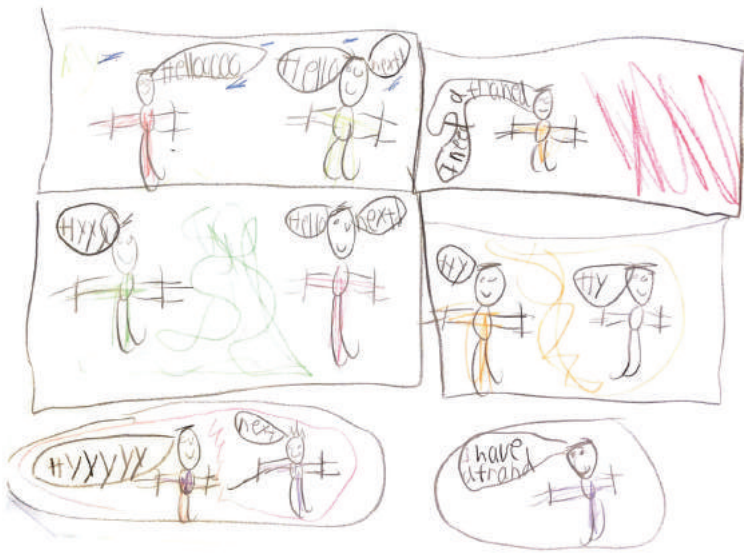


I Just Fight Through It

When I stutter I don't really care. When people make fun of me, I don't like it - but I just fight through it. I love to play basketball because I don't stutter when I am playing basketball. When I get nervous or excited, I start to stutter.

Elijah, 12
Land O'Lakes, FL





WOW

Hello, my name is Gurtaj. I am 8 and I go to McSwain School. I stutter a little bit and I love the country France. I go to speech, I learn a lot, and I have been there for 2 years. My speech teacher is Mrs. P. It is very fun there. I LOVE IT!!!!

Gurtaj, 8, from Merced, CA

Keep With It No Matter What

Hello, my name is Avalon and I am a fourth grader at Wilson Focus School. I love to play the cello and read books. When I stutter, my best strategies are stretchy speech and slow speech. Those strategies help me when I don't want to stutter. Stuttering is like a maze your words have to get through to be said. Sometimes they make it through and sometimes they get lost. But, you just have to keep with it no matter what the struggles hit you with.

Avalon, 10, from Omaha, NE



You're Not Alone

Hi! My name is Ayden. Ever since I was in Kindergarten, I stuttered. When I was in first grade I had my first speech therapist. I said to my speech therapist, "Why am I the only one that stutters?" After that, two other kids that stuttered came and now I know that I'm not the only one who stutters.

Ayden, 9
Pinole, CA

Just a Regular , Kid Like Others

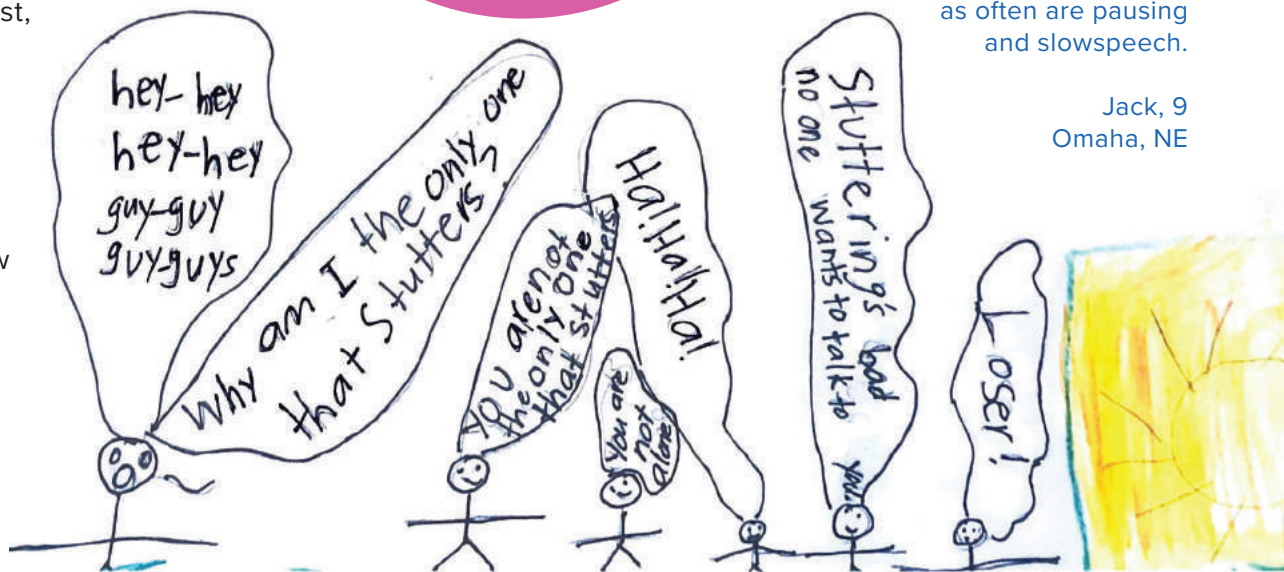
Hi. My name is Miles. I am 8 years old, and going into third grade. I am home schooled. I stutter and I feel kind of embarrassed if I stutter in front of somebody. I love dogs and our dog, Macy, is 12 years old. I like to swim. I am in Cub Scouts and I'm a Wolf in Pack 425. I have several Lego City sets and one Lego Minecraft set and , I love Star Wars.

Miles, 8, from Dallas, TX

LIKE SOMETHING HAS GONE DOWN MY THROAT

My name is Jack and I like playing the cello and drawing. When I stutter, it is like a mouse or a fly goes down my throat. I like practicing a fake stutter and pausing. I imagine a bumpy road because that's kind of like how I stutter. Things that help me not stutter as often are pausing and slowspeech.

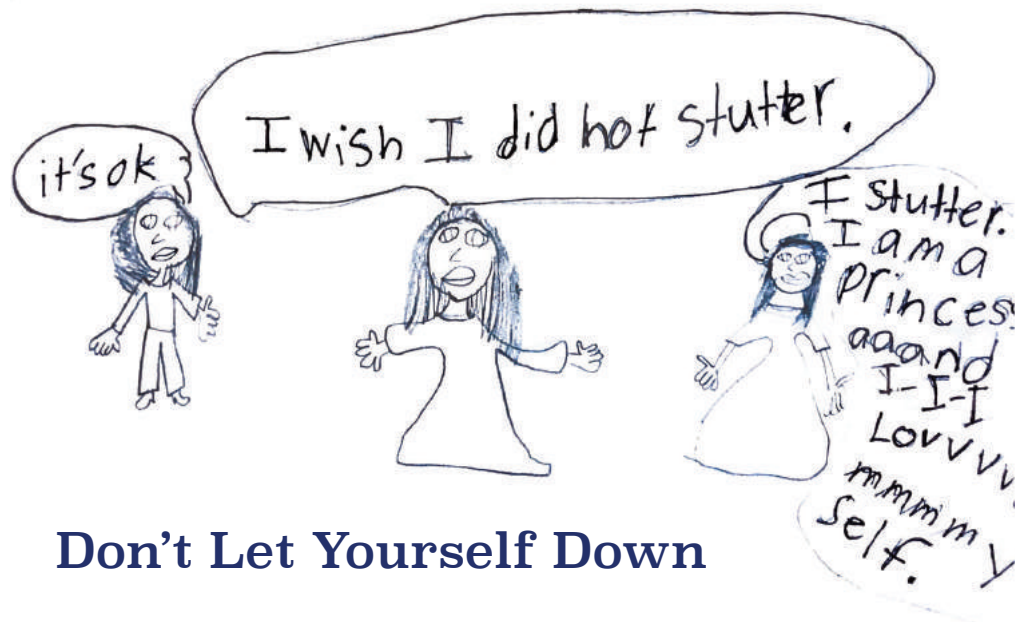
Jack, 9
Omaha, NE



Green Speech is the Goal!

It's not a bad thing to stutter. Sometimes it's good or cool to be different. There are lots of strategies to use like pull-out or pausing. Those are my favorites. What are yours? Before I had green speech, I was in orange speech. On speech days I learned new strategies with Mrs. P. My goal in fluency is to have green speech and you should want that too. Green speech is when you talk smooth and you use your strategies automatically.

Hamahd, age 10
Rochester, NY



Don't Let Yourself Down

Hi! My name is Aymina. I stutter and I hate being talked about. I have gotten better and better at dealing with my speech and one day, I think I will graduate. There are days that I stutter more than any other days and I don't know why. I use cancellation and pull-outs and light contacts.

Aymina, 9, from Pinole, CA



I Want to be a Baseball Player

Hi! My name is Monserrath. I am 7 years old and I like to play with my dog. I'd like to be a famous baseball player like George Springer when I grow up. Sometimes when I stutter, I don't know if kids would laugh at me. I use my favorite strategy, light contact, when I stutter and it helps me.

Monserrath, 7, from Pinole, CA

Stuttering is Not a Bother

Hi, my name is Nolan and I'm 10 years old. I live in Danbury Connecticut. I go to Ellsworth Avenue School and I'm in 4th grade. It is a very fun school but the best place is inside my speech therapist's office. Mrs. F. is nice and fun. One of my classroom teachers, Miss L., also helps me when I stutter.

I began stuttering when I was in first grade. I did not know what stuttering was until my speech therapist told me. I use my strategies to help me out. For example, bouncing my sounds when I say words that are hard for me, stretching my words, and slowing down my speech.

I like to play on the PS4, my brother's game console. The game I like to play is called Lego Marvel Superheroes, which is my favorite game. I enjoy it because it involves superheroes.

There are no bullies at my school so no one bothers me and I'm very lucky.

Nolan, 10, from Danbury, CT



Stuttering is Awesome

My name is Hudson. I live in California and I am 8 years old. I go to McSwain School and I have a great speech teacher, Mrs. P. I think stuttering is unique and I think planning and soft contact help me the most. I have been stutter for about three years. When I sing I don't really stutter. I love to play baseball and it's my favorite sport. George Springer is a baseball player. He is one of my favorite players and he stutters too. My Favorite thing about stuttering is that you are different from everyone else.

Hudson, 8, from Merced, CA



It Helps to Bounce on My Words

Hi, my name is Brad and I stutter. I'm from the Dominican Republic, age 9, and I draw a lot. My favorite video games are Cuphead and Roblox. My favorite foods are hot dogs, pizza, BBQ with rice, and chicken nuggets. I feel like stuttering is a deep hole. It forces my words down into my throat. It helps when I bounce on my words.

Brad, 9, from Queens, NY



NO STUTTERING IF I'M SINGING, CHEERING, OR TALKING TO MYSELF

Hi, my name is Greyson and I go to speech almost every Monday, Wednesday and Friday. I don't remember the first time I stuttered but I do remember that in first grade I started speech for my stuttering. I barely remember the speech sessions from first and second grade but I do remember that in third grade I was taught lots of ideas to help me stutter less. One thing I have to help is my tool box of ways to soften my speech.

I usually stutter around my family and sometimes at my after school program. If I can say the first sound of the first word of the sentence, I'm normally good for the rest of the sentence. If my sentence starts with a "th" or "sh" or any smooth sound, then it is easier. I don't stutter when I'm talking with my friends. Other examples of when I don't stutter are singing, cheering, or talking to myself.

It gets me frustrated when my siblings want to talk when I do. That makes me stutter because I talk too fast to talk first and I end up stuttering instead. A tool that I use at home is to pretend I am in the speech room at school where I don't stutter and I try to remember that calm feeling.

Greyson, 10, from Westmont, IL





I Am Never Embarrassed

Hello – my name is Ja'Marion. I am 9 years old and I've stuttered since I was 3 years old. I am never embarrassed to stutter even when people make fun of me when I stutter. Sometimes stuttering helps me calm down. This is how stuttering makes me feel.

Ja'Marion, 9, from Mesa, AZ



Comic Strip by Brian, 11, from Manassas Park, VA

What I've Learned – To Cherish That I'm Special

Ms. Emily: Jaidlyn, tell me about yourself.

Jaidlyn: I'm 12 years old, I love eating chocolate, and I'm in 6th grade and my favorite color is blue.

Ms. Emily: What have you learned about stuttering since you started coming to speech?

Jaidlyn: That it makes you special.

Ms. Emily: What are the main strategies you use?

Jaidlyn: Princess voice and stop and think.

Ms. Emily: How does your family feel about stuttering?

Jaidlyn: They think it's normal for my age in our family, because my mom stuttered too when she was my age and I have been stuttering ever since I could speak.

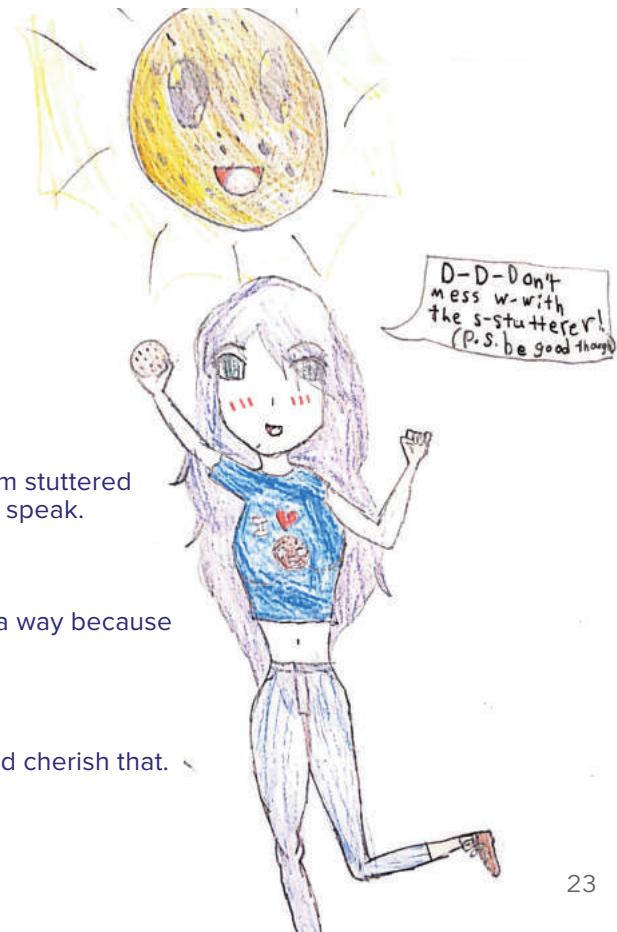
Ms. Emily: How do you feel about stuttering?

Jaidlyn: I feel pretty good about it because it makes me feel special in a way because I'm different than all the others in my class.

Ms. Emily: What advice would you give to other kids who stutter?

Jaidlyn: To just be themselves because they are special and they should cherish that.

Jaidlyn, 12, from California



I Can and Will Deal With Stuttering

Hi, my name is Rachel, I am 11 years old. I live in Lakewood NJ and attend Bais Faiga Elementary School. I have a stutter, it is very hard to live with. People bother and hurt me because of it. I always thought it was the worst problem to have. As I got older I realized it isn't so bad. There are people who can't talk, walk, see or hear. I go to speech therapy. My therapist's name is Mrs. W. She helps me a lot by teaching me different tips to help me not stutter. She told me that the tricks she taught me will help me, but a stutter can never be cured and go away. Stuttering is something I can and will deal with.

Rachel, 11
Lakewood, NJ



I Just Keep Going

Hi, my name is Olivia! I'm in fourth grade. I am 9 years old. I like art, doing projects, playing with my cat, and doing gymnastics. I use light contacts, wait time with words, sliding and pull-outs. Sliding is kind of like pull-outs. I feel okay with stuttering. I just keep going and I don't stop talking. And you really don't need to care about it.

Olivia, 9, from W. Lafayette, IN

It's All About Strategies

My name is Rohil and I am going to tell you about stuttering. I started speech in 2nd grade because I stutter. I repeat sounds and sometimes my muscles get tight. I have learned what strategies I can use. The strategies I mostly use are easy onset, talk slowly, and take a deep breath. These Strategies help me improve my stuttering.

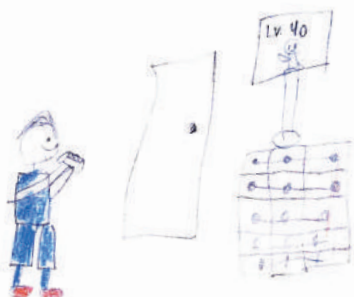
Rohil, 7, from Fremont, CA

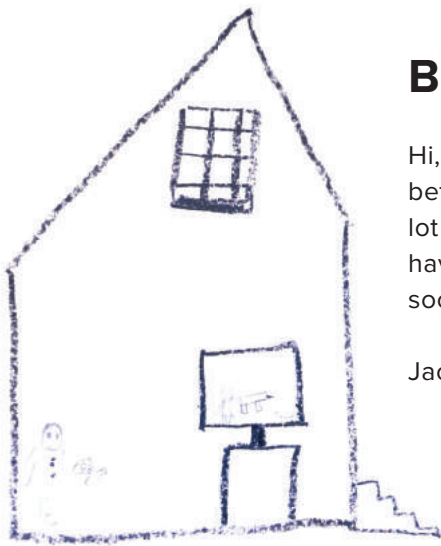


It's Not Helpful to Bully

Hi, my name is Bruce. I am 9 years old and I'm in 3rd grade. I take deep breaths to get rid of my stuttering. I like Fornite. One reason is because it is so fun. Something that is not helpful to me is when people bullied me when I stuttered.

Bruce, 9, from Baldwin Park, CA





Bullying Can't Stop Me From Being Who I Am

Hi, my name is Jacob. I am 8 years old. I am in 3rd grade. I use slow techniques to talk better. I started stuttering when I was in preschool. In many grades, I went through a lot of bullying at school but that didn't stop me from being who I am. I hope you won't have to go through the same experience I had. I like playing Fortnite. I also like football, soccer, and basketball, too.

Jacob, 8, from El Monte, CA



Don't Feel Ashamed of Stuttering

Stuttering is ok. When I stutter around people I do not feel embarrassed. When I stutter I will repeat the word I stuttered on. I think stuttering is very unique. There are almost 8 billion people living on Earth. One percent out of 7 billion people stutter. Don't feel ashamed to stutter.

Johntae, from Mesa, AZ



I Don't Like To Stutter, But I've Learned To Be Myself

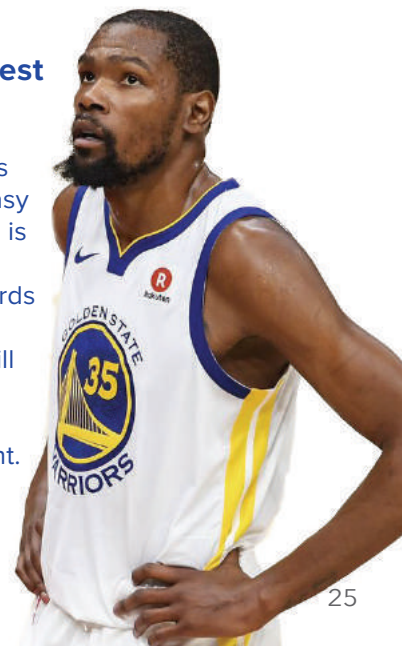
My name is Cameron and I am an 11 year old boy. I like the Pittsburgh Steelers. My favorite player is Antonio Brown. I like to play baseball. My favorite baseball team is the New York Yankees and my favorite player is Derek Jeter, Mr. December. I don't like to stutter and be shy. I don't like to do those things in public because I feel embarrassed so I just stay quiet. In speech therapy, I learned to take my time and stretch out my words, not to be shy, to say what I want to say, and to be myself.

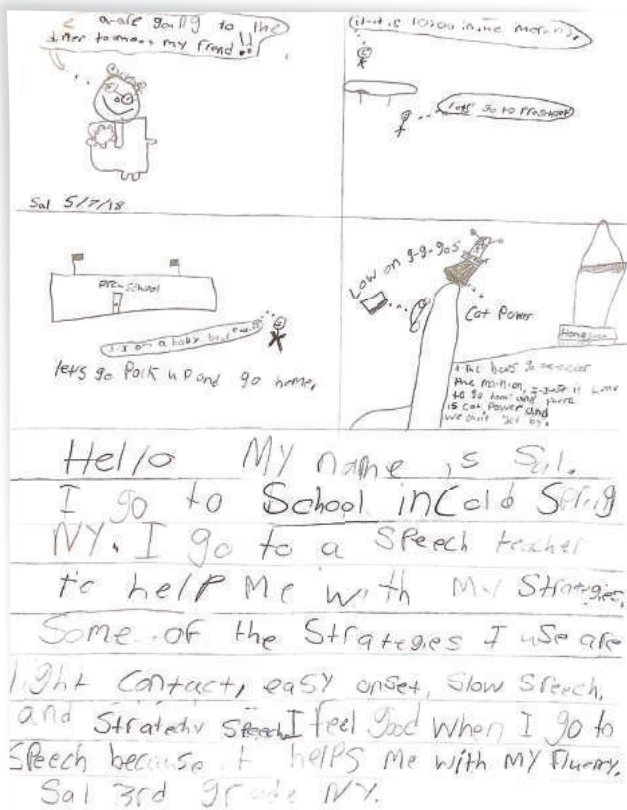
Cameron, 11, from Norfolk, VA

I Just Keep Going and Try My Best

My name is Ryan and I stutter. I am 10 years old. I started stuttering when I was in 2nd grade. What helps my stutter is easy , onset. What doesn't help my stuttering is when I talk to a lot of people at once. When I stutter my jaw gets tight and words do not want to come out. Sometimes I need to wait a minute then my words will come out. I just keep going and try my best. I am really good at basketball. My favorite basketball player is Kevin Durant.

Ryan, 10, from Cambridge, VT





I FEEL GOOD WHEN I GO TO SPEECH

Hello, my name is Sal. I go to school in Cold Spring, New York. I go to a speech teacher to help me with my strategies. Some of the strategies I use are light contact, easy onset, slow speech, and stretchy speech. I feel good when I go to speech because it helps me with my fluency.

Sal, 3rd grade, from Cold Spring, NY

Stuttering Doesn't Stop Me

Hi, my name is Jaden and I am 8 years old. I stutter, but I don't let it stop me. I go to McSwain School and my speech teacher is Mrs. P. My tools are full breath and easy starts. I like Steph Curry and the Harlem Globetrotters. Stuttering doesn't stop me from doing things I like. I have been in speech for 3 years.

Jaden, 8, from Merced, CA

You Are Who You Are

My name is Bryan. I am 12 years old. I used to stutter but I don't anymore. And it was kind of embarrassing but I got used to it. I play Minecraft and Splatoon. Don't let anyone stop you from stuttering!

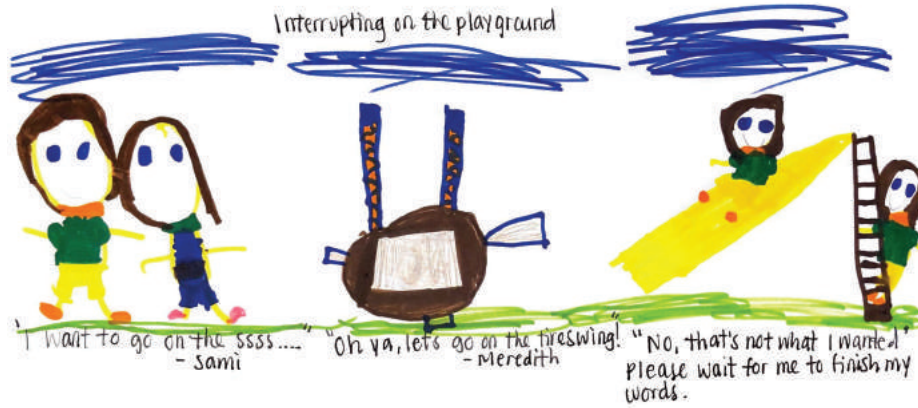
Bryan, 12, Brooklyn, NY



I Say What I Want Even If I Stutter

My name is Jules and I am 9 years old. I like to play Fortnite and football. I go to Mill Elementary School in Raleigh, NC. I started noticing stuttering when I was 7 years old. I started speech when I was 8 years old. Before I started speech, I felt mad when I stuttered. People made fun of me, and I didn't know any strategies. Now, I don't stutter as much. I've learned strategies like easy onset, bouncing, easing in, and easing out. My favorite strategy to use is easy onset. I've also stopped using secondary behaviors. I used to roll my head when I would stutter, and I've stopped doing that. The most important thing I've learned is to say what I want to say even if I stutter. It's okay to stutter.

Jules, 9
Raleigh, NC



Samantha, 5, from Potomac, MD

Ups and Downs with My Stuttering

Hi my name is Jaxon and I'm 13 years old and , in the 7th grade. I participate in tae kwon do and I love collecting Pokemon cards. My favorite hobby is playing with Nerf guns. Since I was 5 years old, I have stuttered a lot. I went to a speech therapist who helped me with my stuttering and it worked. Even though sometimes it gets worse again, it will get better again too. I just need to practice my strategies. And it worked. Even though sometimes it gets worse again, it will get better again too. I just need to practice my strategies.

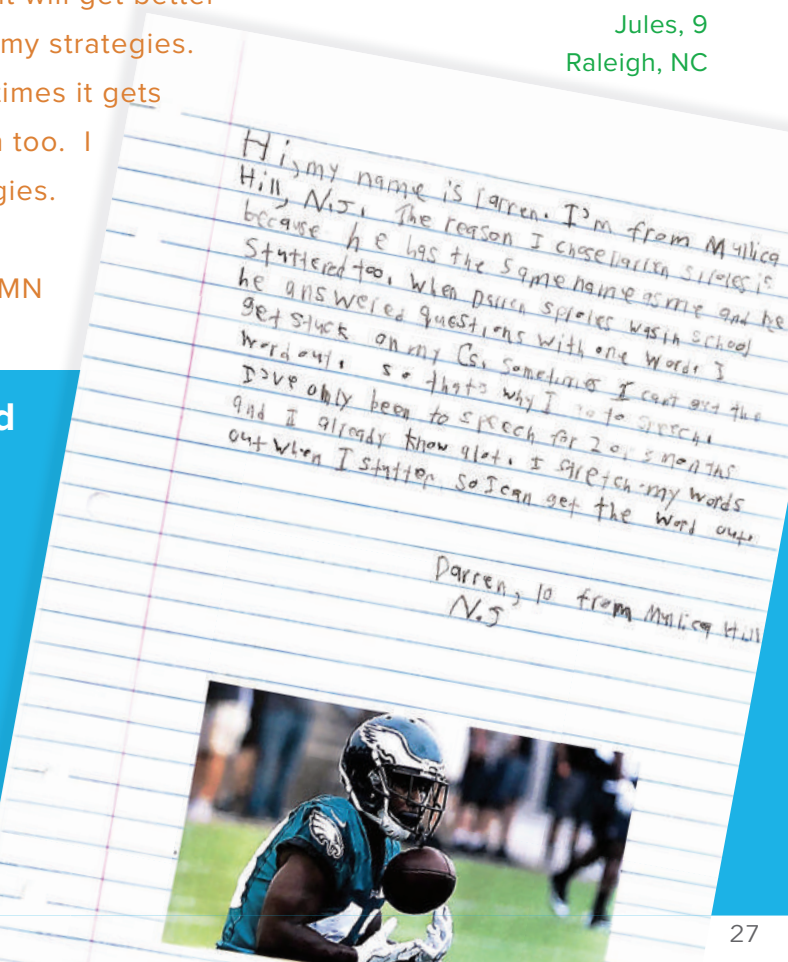
Jaxon, 13, from Ashby, MN



I Am Different and Cool

Stuttering makes me feel different and cool and I know that it is ok to stutter and that makes me feel extraordinary and rare.

Langston, Mesa, AZ



Darren, 10 from Millington Hill, Miss.

How I Started Stuttering

I was born with something, and that something was stuttering. Stuttering is something that affects how you speak. For example, "I-I-I was very happy to come home." I am going to tell a little story of how I started stuttering. I was in Kindergarten or first grade and we had to say a mini speech about what we like. (I chose to speak about my family.) When it was my turn, I walked up to the class and I said, "I-I-I love m-my mom. I-I love my dad. I-I-I love my b-b-b-brother."

Then we went outside to play. I played alone during this time, but it was still fun. I remember going down the slide and when I went up again to go down the slide again, this girl and her 'mini group' walked up to me. She asked, "Why did you talk weird when you were talking?" I told them, "I don't know." "Oh," she said, and they went away. I still had fun and when I went home I asked myself, "Why do I talk weird?"

I stuttered throughout Kindergarten and first grade. Then, I started speech class. When I first went to speech class, I was very scared because I did not know what I was going to do. I walked in the room and everything changed for me. Since that day, I've kept on going and going and soon I got better. I took speech classes through 1st, 2nd, 3rd, 4th, and 5th grade. I'm still in 5th grade now and I remember how fun speech was and it is still fun today.

I got bullied because of how I talk and people kept on repeating what I said. When I had a bump, they would repeat it and say it in a mean way. I didn't let it take me down. I get teased still, but not as much as before. I speak well now and I couldn't do it if it wasn't for my speech teachers. I am proud of who I am and what I am. If you stutter, don't let it bring you down.

Sara, 5th grade, from Glendale Heights, IL



Coleson, 2nd grade, from Pell City, AL



Glad I'm Different

My name is Daniel and I stutter. I do repetitions and I have been stuttering for about 6 years. But I am glad I am different.

Daniel, 11
Land o' Lakes, FL

NEW WAYS TO WORK WITH ATTITUDES AND EMOTION

FOR CHILDREN AND TEENS WHO STUTTER

by Diane Constantino, MS CCC/SLP, BCS-F

When Russ Harris first introduced Acceptance and Commitment Therapy, or ACT, he wrote: “Imagine a therapy that makes no attempt to reduce symptoms, but gets symptom reduction as a byproduct. A therapy firmly based in the tradition of empirical science, yet has a major emphasis on values, forgiveness, acceptance, compassion, living in the present moment, and accessing a transcendent sense of self. A therapy so hard to classify that it has been described as an ‘existential humanistic cognitive behavioral therapy’.”¹ It did not take long before ACT caught the interest of fluency therapists around the globe.

Among them was Jane Harley, MSc (Psych. Couns.), BA, PGDip. CT, CertMRCSLT, MHCPC of the Michael Palin Centre for Stammering in London, England. She highlights that “ACT aims to help people respond to life challenges with greater psychological flexibility and in ways which are consistent with personal values. A fundamental premise in ACT is that attempts to control problems are frequently the source of further difficulty and that by opening up to the full spectrum of emotions and experiences it is possible to live more fully and authentically.”

And so, ACT has an increasing presence in work with people who stutter, and its’ use with children, young people and families in general is developing rapidly. This growing interest sparked a two-day workshop at Boston University led by Jane Harley on practical ways to utilize ACT with children and teens who stutter.

Clinicians from seven states, as far away as South Dakota and as close as New Hampshire, gathered at BU to build on their experience of using traditional cognitive therapy. Using anecdotes, metaphors, mindfulness training, and many experiential exercises, the values based behavioral intervention approach took shape in the classroom.



In describing the usefulness of ACT, Harley states that “the helpfulness of control is explicitly questioned, both theoretically and with clients, and the process of therapy is predicated on a relinquishing of control as the desired end. Instead, ACT promotes psychological flexibility and aims to help individuals have a different and more allowing relationship with unwanted internal events rather than struggling with them.”² Harris puts it this way: “The goal of ACT is to create a rich and meaningful life, while accepting the pain that inevitably goes with it. ACT is a good abbreviation, because this therapy is about taking effective action guided by our deepest values and in which we are fully present and engaged.”

Participants were inspired to “gain a new perspective and tons of ideas that I can apply to my practice, and some insights for myself too!” as one participant wrote. As always, we are growing alongside our clients.

¹ Harris, R. *Embracing Your Demons: an Overview of Acceptance and Commitment Therapy*, Psychotherapy in Australia, VOL 12 NO 4, AUGUST 2006.

² Harley, J. *Bridging the Gap between Cognitive Therapy and Acceptance and Commitment Therapy (ACT)*, Procedia - Social and Behavioral Sciences 193 (2015), 131 – 140.



Here's what some of our more than **268,000 friends** are talking about, in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



Growing up, Ed Sheeran tried a variety of speech therapies to help with his stuttering, but it was memorizing music that he said helped him effectively remedy his stutter.



Brian: He still stutters when speaking off the cuff at his concerts. Pretty admirable. #NoFear



Charles: I've always understood that speech and singing are controlled by different parts of the brain. The late country singer, Mel Tillis, was a stutterer but very fluent singer and Hall of Fame member. It would seem that actors are also using different processes when practicing their craft than when in daily speech.



Stuttering Foundation



Who is your favorite famous person who stutters?



Eileen: People are surprised to hear about Marilyn and Elvis but my students discovered this ages ago and even found YouTube videos to back it up!



Stuttering Foundation



Stuttering Foundation



Stress & stuttering. How does it affect your child?



Charles: Untrained teachers make the terrible mistake of putting more stress on a stutterer by paying undue attention on their problem.



Bruce: When I was in school there were no resources available to the stutterer; it was a very hard time! The fallout from that lasts a lifetime.



Karen: Teachers should be more supportive. My teachers wouldn't always stop the other students from bullying and teasing.

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

THE POWER OF A STRENGTH-FOCUSED MINDSET: Spreading Palin PCI in the United States

By Sara MacIntyre, M.A., CCC-SLP



Sara MacIntyre, M.A., CCC-SLP, and the Michael Palin Centre team

After spending the last month at the Michael Palin Centre in London, England, I feel even stronger about the need to expand the reach of the Palin Parent-Child Interaction (PCI) therapy approach in the United States.

The Palin PCI Program is a facilitative, whole-family therapy approach for young people who stutter and their families. It aims to foster parent interaction styles that best support the communicative success of the individual child. Through comprehensive assessment, therapy is tailored to the child's needs based on a multidimensional framework of: physiological, linguistic, psychological/emotional, and environmental factors.

Therapy is then conducted through a series of whole-family sessions aimed at giving parents the confidence to discover things they are already doing that are helping their child communicate effectively. Instead of pointing out what a family is lacking, or teaching a new skill, this approach encourages an exploratory, strength-focused mindset where families feel better equipped to support their child with the tools they already have. Additionally, Palin PCI emphasizes the importance of cultivating confidence, independence, and openness in connection with the development of effective communication skills.

I am returning home with an increased overall confidence in my ability to help facilitate the process of change with families and I am endlessly thankful for this life-changing learning experience. As I reflect on my time, I am taking with me many new perspectives and skills; however, I continue to circle back to the most important takeaway: the power of focusing on the positive. Sure, this seems intuitive and a natural way to approach our work as clinicians who aim to create long-standing change, yet for some reason it is not the way we instinctively approach things. Whether we've been ingrained to think we're "fixers" or our insecurities lead us to feel the need to offer something "new," it's the realization that families we work with have everything they need already—and it's simply our job to help guide them towards that realization that has changed the way I look at therapy and our role as facilitators in this process of change.

New Continuing Education Courses Approved for ASHA CEUs

The Stuttering Foundation has three new continuing education courses that have been approved for ASHA CEUs. The courses were built from presentations given at the 2017 Oxford Disfluency Conference, which took place in October of 2017 at Oxford University in the UK. They can be found at www.stutteringceus.org.

Bilingualism and Stuttering, Blurred Lines: Typical Versus Clinical Speech Disfluency

Speech-language clinicians commonly report difficulty determining whether disfluencies are indicative of stuttering or are unique to cluttering, autism, language impairment or second language learning. In the clinical decision making process, knowing the distinctive features unique to specific speech and/or language disorders can reduce the complexity of assessments and increase reliability and validity. But, what happens when those features appear to overlap? , , In this 1 hour presentation, Courtney Byrd, Ph.D., CCC-SLP, of the University of Texas at Austin, sheds light on differential diagnosis of stuttering particularly when clinicians may be misled by similarities in the speech behaviors produced. Participants will learn key differentiating characteristics and areas of overlap, along with other critical assessment considerations that will enhance their competence and confidence in their evaluation of speakers for whom there may be an increased risk for misidentification of stuttering, with an emphasis on assessment of speakers of more than one language.

Desensitisation with Parents

Desensitisation has long been recognized as an important component of therapy for children who stutter. In this 1-hour presentation, Elaine Kelman, MSc, Cert M RCSLT and Ali Berquez, MSc, Cert MRCSLT, of the Michael Palin Centre for Stammering in London explore the process of desensitisation and its potential benefits for parents and their children who stutter. The construct of desensitisation is defined and a description given of how traditionally it has been incorporated into therapy with adults and children who stutter. They discuss the rationale of desensitisation and the benefit of including parents of children who stutter of all ages in the therapy process. They present research evidence about the impact of a child's stuttering on parents. The presentation focuses on clinical methods for desensitising parents of children who stutter using examples of activities conducted in group and individual therapy with parents at the Michael Palin Centre in London.

The Role of Attention in Therapy for Stuttering

In this one-hour presentation, Jane Harley, MSc, Dip.CT (Oxford), Cert/MRCSLT, HCPC, of The Michael Palin Centre for Stammering in London, explores two aspects of attention in relation to young people who stutter and their parents: what we pay attention to as human beings, and how we attend.

Harley first explores some key concepts related to attention, including selective or broad focus of attention, 'bottom-up' and 'top-down' attention, and attention bias. She then presents examples of clinical interventions which help clients to shift their focus of attention. Concepts of mindfulness, of stepping back from thoughts (defusion), and of self-compassion are discussed.

Go to www.stutteringceus.org to see all of our ASHA approved continuing education courses.





A STUTTERING FOUNDATION TRIBUTE

THE DARWIN FAMILY

GENERATIONS OF GENIUS AND STUTTERING

Over the years, many Celebrity Corner articles in our newsletter have profiled people who stutter who have family members who also stutter, which of course is a strong testament to the genetic basis of stuttering. For instance, Lewis Carroll had ten siblings, eight of whom stuttered into adulthood.

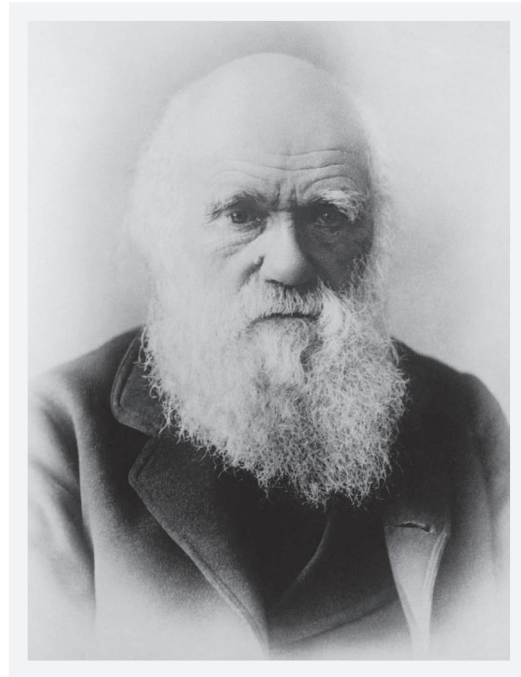
Famous writers Dominick and John Gregory Dunne had a younger brother who also stuttered, while both B.B. King and Rubin "Hurricane" Carter each had multiple family members who struggled with this speech deficit. While the life and incredible works of Charles Darwin is well-known, what is little known is that not only did he himself stutter, but he came from a family of many people who stuttered.

We will examine four of the many members of the Darwin clan who stuttered: the famous Charles Darwin, his well-known grandfather Erasmus, his father Robert, and his uncle Charles.

Erasmus Darwin (1731-1802) was a famous physician who turned down the incredible opportunity to be the personal physician to King Charles III. He was also a physiologist, an inventor, and a major figure in the Midlands Enlightenment. The 1999 biography *Erasmus Darwin: A Life of Unequaled Achievement* by Desmond King-Hele quotes a friend of Erasmus during his medical school days in Edinburgh as saying, "... he spoke with a stammer, as in later years but never let it inhibit him."

The author later describes how the stuttering was a well-known part of his persona as an adult: "Another point on which all his listeners agreed was his bad stammer. 'He stammered extremely,' Anna tells us, 'but whatever he said, whether gravely or in just was always worth waiting for, though the inevitable impression it made might not always be pleasant to individual self-love.'"

In the famed physician's later years, Erasmus' close friend Richard Lovell Edgeworth commented on his friend's struggles with stuttering, "He had a considerable impediment



Top: Charles Darwin
Bottom: Robert Darwin

in his speech, a defect which is in general painful to others; but the Doctor repaid his auditors so well for making them wait for his wit or for his knowledge, that he seldom found them impatient.”

Erasmus' son Robert, the father of the famous Charles Darwin, himself a person who stuttered, related what has become a well-known anecdote about his father's speech:

“A young man once asked him in, as he thought, an offensive manner, whether he did not find stammering very convenient. He answered, ‘No, sir, it gives me time for reflection, and saves me from asking impertinent questions.’” Robert thought that his father's best communication skills were his conversational prowess and his talent of explaining abstruse topics intelligibly.

Robert Darwin (1776 – 1848), who followed in the family tradition of medicine, had issues with stuttering throughout his life, but not to the extent of his father. *Charles Darwin: Victorian Mythmaker*, a 2017 biography by A. N. Wilson, compared Robert Darwin to his father Erasmus, citing their lifelong struggles with stammering. Wilson wrote of Robert, “Like his father, he was huge – tall and fat – with a stammer.”

“...(stuttering) gives me time for reflection, and saves me from asking impertinent questions.”

- Erasmus Darwi

In addition to his son Robert, Erasmus Darwin's oldest son, Charles Darwin (1758-1778) for whom Robert named his famous son in 1809, died at age 19 while a medical student at the University of Edinburgh. Like his father, this Charles Darwin was a person who stuttered. Erasmus thought that his son could gain fluency by learning the French language.

After showing signs of fluency through private lessons, the eight year-old Darwin was sent to Paris with a private French tutor. While in France, he was only allowed to speak French. After a six month stay in Paris, he became totally fluent while conversing in French, but upon return to England he still could

not speak fluently in English. Charles Darwin's stuttering persisted until the time of his death at age 19 on May 15, 1778, from a cut he sustained during an autopsy while a medical student at the University of Edinburgh.

Erasmus painfully remembered how he had difficulties at school due to his stuttering, and wanted to help his two sons who shared his speech problem. He was relieved, at least, that the level of the stuttering in his sons Charles and Robert was not as severe as his, and that Charles seemed to some degree to have been helped by his unique speech therapy immersion in the French language in France.

The stuttering of the famous Charles Waring Darwin (1809 - 1882) was not as pronounced as that of his grandfather or Uncle Charles. Similar to that of his father Robert, Charles Darwin's stuttering was labeled during his lifetime as a “slight stammer.” It was widely noticed that words that began with the letter “W” gave him the most trouble.



Erasmus Darwin

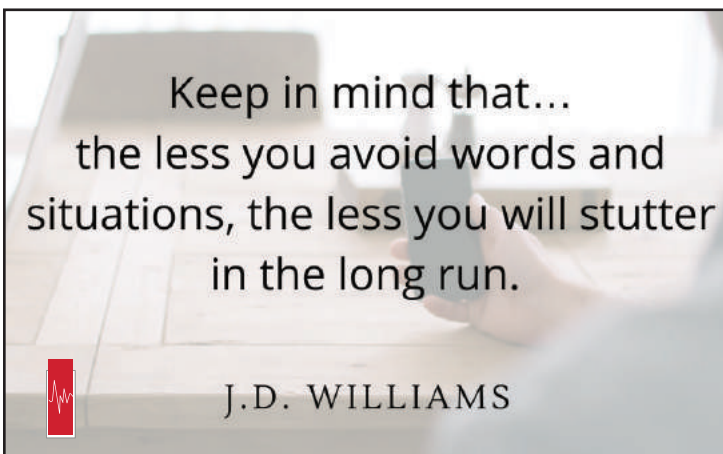
The Darwin Family, continued

Aware of the extensive family history, the naturalist and author of *On the Origin of Species*, who kept meticulous notes on his children while they were growing up, at the time wrote of his concern in 1842 when his three year-old son Willy began to stutter. Willy was especially stuttering on the words “Doddy” and “Papa,” which he had previously pronounced fluently.

In his writings in 1818, Erasmus Darwin put forth his own self-styled speech therapy for stuttering:

“The art of curing this defect is to cause the stammerer to repeat the word, which he finds difficult to speak, eight or ten times with the initial letter, in a strong voice, or with an aspirate before it, as ‘harable’ or arable; and at length to speak it softly with the initial letter ‘p’, parable. This should be practiced for weeks or months upon every word, which the stammerer hesitates in pronouncing. To this should be added much commerce with mankind, in order to acquire carelessness about the opinion of others.”

It is obvious that the aforementioned members of the Darwin family dictate a strong argument for the genetic basis for stuttering; in fact, there were more members of the extended Darwin clan over four generations who had issues with stuttering. During his lifetime and in the 137 years since his death, the world famous Charles Darwin was not known to have been a person who stuttered as his life and reputation were dominated by his vast works. The stuttering community can feel a sense of pride in that such a well-known British family of another era rose above their stuttering and did not let their speech hold them back in their distinguished and famous professional careers.



@stutteringfdn
SFA on INSTAGRAM
#stutteringfoundation



great_to_be_an_slp
Chicago, IL

Follow

great_to_be_an_slp A little motivation for my students that stutter! #stutteringfoundation #SLP #slplife

marycebaltI want to make this!! How did you do it?

great_to_be_an_slp @marycebalt I took the pages out of the stuttering foundation magazine that I get and laminated them. If you Google famous people who stutter and stuttering foundation they have some images but I can't find these exact ones right now. I can maybe scan and send them to your email if you are really interested!



14 likes



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



Here's what some of our more than **268,000 friends** are talking about*, in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



How should we celebrate International Stuttering Awareness Day?



Kevin: Encourage one another. Lift them up!



Kinga: By advocating for yourself and others who stutter!



Rebecca: Be patient and listen and wait for my sweet boy (and anyone else who stutters) to say what they want to say without rushing him along or finishing up what he's saying.



Stuttering Foundation



Orlando Westbrook, a senior QB, has struggled with his stutter, but has never let it get in his way.



Amy: Inspiring. I love stories of student athletes pushing past their stutter and not allowing it to define them. My son is 12 and a diagnosed stutterer. When he's on the basketball court he's like every other kid out there: an athlete!



Stuttering Foundation



Have you tried or considered speech therapy but didn't think it was right for you?



Clemente: When I was 17, my parents put me through speech therapy because my speech impediment had consumed my self-esteem to the point where I gave up talking. For six months I went to my therapy sessions and learned strategies on how to relax and stutter less so to speak. Today I am 24 years old and yes I still stutter but when it happens now I keep going with my conversation, I have the confidence to pause and restate what I was going to say, I have the tools that my speech therapist gave me to get my point across.



Stuttering Foundation

SFA COMMUNITY POLL: , What does International Stuttering Awareness Day , mean to you?

71% LET'S CELEBRATE!

29% JUST A REGULAR DAY

52 Votes

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



Stuttering as an Impediment to Driving?

By Tricia Krauss-Lehrman

Just when I thought I had seen all the crazy examples of how misunderstood stuttering is, something more outrageous has come along! Recently, upon the request of his employer, a young adult who stutters went to get a Tanker endorsement added to his commercial driver's license, which requires a written exam. When he spoke with the Department of Motor Vehicles (DMV) clerk, she informed him his name had been "flagged," and that he could not take the exam. She told him that someone with the DMV had observed extraneous movements when he spoke, and there was concern over whether he was "fit to drive." He tried to explain that he stutters and the observed movements were simply voluntary movements he sometimes uses to help himself get a word out when he is stuck. Not only was he NOT allowed to take the written exam for the endorsement, he was told he would now have to re-take his driver's test!

Hoping it would resolve the issue, he took off another afternoon of work to re-take his driver's test. After passing the road test, he was still inhibited from taking the written exam required for the Tanker endorsement, and told by the DMV that he must first obtain a letter from his doctor declaring that he is fit to drive. At this point, he sought help from me, his speech pathologist.

I wrote two letters. The first explained the secondary behaviors associated with stuttering, and stated that these voluntary movements do not impact someone's ability to drive. The second letter quoted and explained the Americans with Disabilities Act (ADA), making the argument that denying the individual the chance to gain his Tanker endorsement would be a violation of his civil rights. I then requested several packets of information on stuttering from the Stuttering Foundation and sent them to the DMV along with my letters.

I am happy to say that the delivery of the two letters, SFA information packets, and a not-so-subtle message to the head of the DMV effectively resolved the issue. We stated that since a violation of civil rights was evident, the lack of a resolution would necessitate contacting the media and organizations that defend the civil rights of U.S. citizens. With this article, we hope to share this experience with others who stutter.

I Am a Person Who Stutters

Stuttering is a condition covered by the Americans with Disabilities Act

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

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

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

Stuttering ID Cards are available to download on our website, stutteringhelp.org

As parents, we want the best for our children. We hope and pray that things will go well for them in all areas of their life. This deep desire for our children's well-being often results in parents feeling guilt, confusion and inadequacy regarding how to handle things that we deem potentially harmful or unpleasant. For many parents, stuttering falls in this category. As a person who stutters with a child who stutters, I fully understand why it is often viewed in this way.

For many years, my stuttering (or at least my reaction to stuttering) had a negative impact on my quality of life. It was the dominate theme that influenced my decisions and how I viewed myself. Like many in my generation, stuttering was not talked about in my family; I was left to come up with my own explanations and ways of viewing it. When stuttering is not discussed openly, children tend to internalize that it is something so bad and taboo that it should be avoided at all costs (at least, this was my experience).

My perspective about stuttering slowly began to change almost twenty years ago when I decided to go back to school to study speech pathology, specializing in the area of stuttering. My evolving views had much less to do with my growing academic knowledge of stuttering and more to do with getting to know other people who stutter, observing how they have learned to thrive. Several years ago when my own children began to stutter, I experienced strong feelings of guilt and worry. This made it clear that my views of stuttering and parenting required much more of an evolution.

I kept thinking about the challenges that I had with stuttering growing up; I did not want my children to have to deal with those same issues. Over time and after much reflection, I concluded that the best thing I can do as a parent is to provide support and foster a healthy view of stuttering. I know I cannot take away the painful parts of my child's life. Pain is inevitable: eventually we all experience health issues, rejection, death of loved ones. In the case of people who stutter, they will stutter at times when they strongly desire to express themselves fluently.

The suffering we experience from painful events is directly related to how we view and relate to those events. Parents have an enormous amount of influence on the development of a child's world view. If we want the best for our children, it's perhaps wise to focus less on trying to eliminate the pain they may experience and focus more on equipping them to effectively deal with the inevitable challenges.

It was from this lens that I wrote down nine pieces of advice for my son when he earnestly asked me what he can do about stuttering (after a particularly challenging day with his fluency at school). I tried to convey the things that have helped me the most and that I wish I would have heard when I was his age. When I gave it to him it was quite an emotional moment for both of us. It's not that we hadn't talked about stuttering before that moment, but the explicit nature of the list allowed us to more easily discuss how and in what ways stuttering was impacting him. I talked more than I had before about how stuttering has helped me to grow. The degree of openness and connection that we had in that moment is something I will never forget and will always cherish.

This advice is certainly not all encompassing, I'm sure there are several more nuggets of wisdom that could be added. Also, it is not original. Most of it is rather universal and could be easily adapted to apply to any type of challenging difference or impairment. My hope is that this article and the list of advice may serve to foster open and honest communication between parents and their children who stutter. I am convinced that talking about stuttering is the single most important thing that a parent can do for their child.

A Father's Advice

by Rick Arenas



A Father's Advice on Stuttering

by Rick Arenas

1. Stuttering is ok. There is nothing wrong with stuttering and there is nothing wrong with you. Everybody is different and we all have our own unique challenges. Some people just have a hard time with forward flowing speech.

2. Do not let stuttering stop you from what you want to do. Stuttering is likely to happen more in some situations, but don't avoid situations because stuttering may occur more often. Avoiding situations, or not saying what you want to say, because of stuttering is not a good way to live your life.

3. You may not have control over when stuttering occurs, but you do have control over how you respond to it. There are ways that you can make stuttering easier. Struggling, tensing and pushing out words is not as helpful as easily and gently moving forward through a moment of stuttering. You can learn and practice tools for making speech easier. But, it's up to you whether you want to use them and it's important to not get too frustrated when they are not as effective in some situations.

4. Be open and honest about stuttering with other people. It is best to let people know that you occasionally stutter. By being open and ok with stuttering will make other people understand and they will be ok with it as well.

5. Never apologize for stuttering. If you're having a bit of a hard time saying what you want to say and it's taking longer than you would like, you don't have to apologize to other people. Instead, simply say "I stutter so you need to be patient while I finish saying what I'm saying".

6. Accept that stuttering is highly variable. Don't beat yourself up when some situations are harder than others. It's good to be aware of the variability of stuttering so that you can maybe use some types of strategies if you want to communicate more easily in tougher situations. But, don't get mad at yourself and feel guilty about it because that is just the nature of stuttering.

7. Stuttering has nothing to do with you as a person, your intelligence or your character. Stuttering is a neurological issue with speech production. It's not a psychological issue and it's not your fault.

8. Know that you are not alone. There are millions of people who stutter and many of them have been extremely successful across a wide variety of professions, many of which require a great deal of speaking. Connecting with other people who stutter through support groups is a very helpful way to see how successful people who stutter can be in all areas of their life.

9. Speaking is about communication, not about fluency. Communication involves sharing your thoughts, feelings and beliefs. You can be a great communicator even if your speech does not always flow in an easy way. What you have to say is very important; it should be expressed no matter how fluently it comes out.

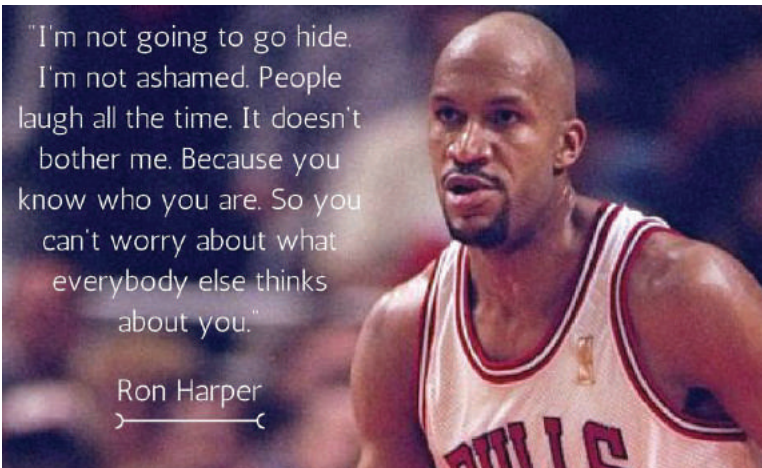
Rick Arenas is an assistant professor at the University of New Mexico. He is passionate about teaching future clinicians about stuttering and conducting research about the contextual variability of stuttering.



SFA IN ORLANDO



The American Academy of Pediatrics was in Orlando this year and so was the Stuttering Foundation! The conference drew nearly 16,000 pediatricians. Stephanie Lebsack and Joe Donaher were on hand to answer their many questions. The most common questions related to knowing when to refer a child for stuttering and what to say to concerned parents. Attendees cleared out nearly all of our materials by the end of the first day! Bilingual materials were especially in demand this year as the conference attracted a large international contingent.



@stutteringfdn
SFA on INSTAGRAM
#stutteringfoundation



tiffylou
Georgia

Follow

tiffylou A fluency student's spring project [#stutteringawareness](#) "A poem for butterflies is smooth. Butterfly wings are so sweet. Making the tiny baby birds say "tweet tweet!" Slowly landing on a beautiful daisy Making the world calm, not crazy. Smooth speech is like butterfly wings. Flapping smoothly through the air. Their wings are soft. The wind is soft. Oh how sweet! Butterflies and smooth speech!"
[#stuttering](#) [#stutteringfoundation](#)

allisonbdonnely Impressive!



22 likes



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

2018 ASHA BOSTON



Support the Stuttering Foundation
Our continued work depends on your help.

You can help!

Make a fast, easy, secure donation now.

The Stuttering Foundation is a recognized 501(c)(2) nonprofit organization and your contribution is tax-deductible to the extent allowed by law.

Donate Now


Our continued work depends on your help!
Consider making a charitable donation to
the Stuttering Foundation today.
www.stutteringhelp.org/ways-give



For those who prefer to read in Spanish,
check out our brand-new website
www.Tartamudez.org

8 TIPS FOR TEACHERS

1. Don't tell the student "slow down" or "just relax."
2. Don't complete words for the student or talk for him or her.
3. Help all members of the class learn to take turns talking and listening.
4. Expect the same quality of work from the student who stutters as the one who doesn't.
5. Speak with the student in an unhurried way, pausing frequently.
6. Convey that you are listening to the content of the message, not how it is said.
7. Have a one-on-one conversation with the student who stutters about needed accommodations in the classroom.
8. Don't make stuttering something to be ashamed of. Talk about stuttering just like any other matter.



THANK YOU TO OUR PARTNERS IN PUBLISHING WHO HELP TO PROMOTE STUTTERING AWARENESS BY DONATING PUBLIC SERVICE ADVERTISING SPACE FOR THE STUTTERING FOUNDATION OF AMERICA.



Not pictured: Norwegian Bliss, Baton Rouge Parents, Star, Electrical Apparatus, and Racer X Magazine

IN LOVING MEMORY

of our friend and colleague, Joan Warner



The start of the new year will be bittersweet for all of us who knew and loved Joan Warner. Joan started work at the Stuttering Foundation in 2004 as our “Information Specialist”. She answered many of the requests for help received daily at the Foundation. Joan graduated from Michigan State with a journalism degree, so in many ways, it was a perfect match.

It was Joan’s idea to start the Kids Pages in the Stuttering Foundation Magazine. Her responses to each child were personalized; she made each one feel appreciated and always drew attention to their special talents. She always let them know that by sharing their personal stories, they were helping other kids all over the world.

Whether it was returning letters or getting a child's artwork in right before the deadline, Joan was always about protecting her kids.

She may have looked back once to wave goodbye to her kids and just possibly to remind all the SLP's that she was still watching out for them.

Please keep her family and partner Scott in your thoughts and prayers. We are all going to miss her so much.



AHHHELP!

 THE
STUTTERING
FOUNDATION®
A Nonprofit Organization
Since 1947—Helping Those Who Stutter

art by nino ilievski

Feeling lost?

Get help at
StutteringHelp.org

Stuttering didn't keep him out of the game



Photo credit: Philadelphia Eagles

NFL star running back **Darren Sproles** tackled stuttering head on. And so can you.



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

253.5 Box 10789 • Memphis, TN 38111-0789
info@stutteringhelp.org



THE STUTTERING FOUNDATION

800-992-9392
www.stuttering-help.org
www.tartamudez.org

If you stutter, you are definitely in good company!



The voice of freedom never faltered, even though it stuttered.

Winston Churchill was perhaps the most stirring, eloquent speaker of his century. He also stuttered.

For more information on what you can do about stuttering, write or call toll-free:

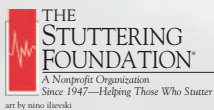
If you stutter, you should know about Churchill. Because his life is proof that, with the will to achieve, a speech impediment is **no** impediment.



Learn about the many ways you can help yourself or your child. Because your finest hour lies ahead.

www.stutteringhelp.org
www.tartamudez.org

800-992-9392



Getting words out is hard. We can help.
www.StutteringHelp.org

Stuttering Foundation posters are great for school or the office! Visit our online store today.

My Best Advice

TIPS FROM DAN PAPPAS

Dear Stuttering Foundation,

During my mid-working career (1990's) as a reference librarian I compiled a hierarchy of my feared speaking situations. I then used the hierarchy to create a new set of work-related goals each year. It was all part of the management style at the time: Total Quality Management and Continuous Improvement. Everyone was required to participate. It created incredible synergy.

My basic hierarchy of feared speaking situations:

- Talking with co-workers, friends and family
- Initiating conversations with customers
- Taking a more active role in social activities
- Using the telephone
- Participating in meetings
- Giving oral presentations
- Assuming leadership positions

One website was especially helpful in getting me to talk more. *Speak More Effectively* by Dale Carnegie, 2008.

Sincerely,

Dan Pappas

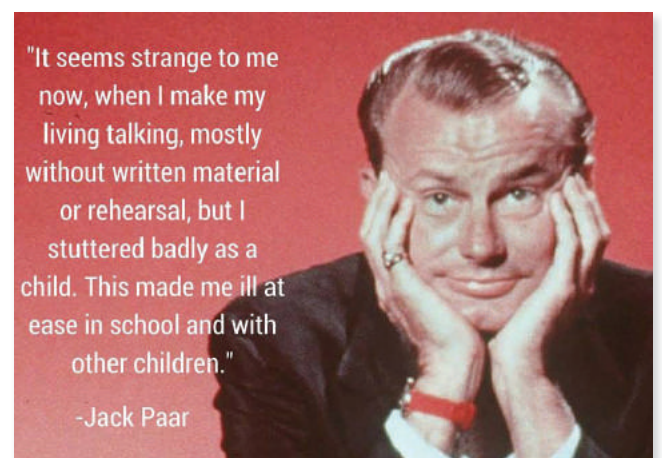
Dan Pappas first wrote to the Stuttering Foundation seeking information in the early 1980s; he has been a friend of the Foundation since then. He worked for 40 years as a contractor librarian at the NASA/Ames Research Center in Moffett Field, California. Happily single, Dan enjoys bicycle riding, reading,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

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

STUTTERING FOUNDATION VIDEOS NOW STREAMING TO THE WORLD



All Stuttering Foundation videos are now available for online streaming in one library! Our most popular titles previously available on videotape and CD are now available for immediate streaming by kids, teens, adults, parents, counselors and SLPs. Our library includes Spanish language titles. , www.StutteringHelp.org/streaming





THE
STUTTERING
FOUNDATION®

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

"We are dedicated to improving the lives of those who stutter."

- Malcolm Fraser, SFA Founder
1903 - 1994



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

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