



THE STUTTERING FOUNDATION

A Nonprofit Organization

WINTER 2020

Since 1947... Helping Those Who Stutter



GETTING WORDS OUT IS HARD.
WE CAN HELP.

THE STUTTERING FOUNDATION REMEMBERS A TRUE FRIEND LISA A. SCOTT, PH.D., CCC-SLP



It is with great sadness that we announce the passing of longtime Stuttering Foundation friend Lisa A. Scott, Ph.D., CCC-SLP. Lisa died peacefully in her home on Tuesday, December 24, 2019 after a long and brave battle with breast cancer. Born on January 28, 1965, in Lincoln, NE, she was the daughter of Edward (Connie) Harman and Linda (Larry) Frahm.

Professionally, Lisa was a decorated academic, serving the profession of Speech-Language Pathology faithfully for over 25 years. She knew from a young age she wanted to be an SLP and was committed to making a difference in her profession. Lisa graduated with her Bachelors, Masters and Ph.D. from the University of Nebraska-Lincoln. Employed by Florida State University since January of 2002, she most recently served as the Director of Clinical Education and as a Research Associate in the School of Communication Science and Disorders. She taught courses in stuttering, counseling and professional issues. A renowned professor at FSU, Lisa was the recipient of many teaching awards. She received the Undergraduate Research Mentor of the Year Award (2007), Excellence in Undergraduate Teaching Award (2007), Distinguished Faculty Award (2011), Excellence in Graduate Teaching Award (2012) and most recently received Florida State's highest teaching recognition, the Distinguished Teacher Award in 2016. In addition to teaching, Lisa maintained an active clinical practice, serving clients who stuttered of all ages but with a special focus on young adults.

During her time at FSU, Lisa taught hundreds of students and most will tell you that she left a lasting impact on their life beyond the classroom. She was the professor you could count on – the one who was real about her experiences professionally and personally. She made you laugh, made you cry, and made the material she was teaching relatable, understandable and fun. She took care of her students – academically, emotionally, and sometimes even physically. She would host students in her home over holiday breaks, allow you to sit in her office and cry or laugh, and provided the perfect guidance in the most tumultuous of times. If you knew her, she was “that person” in your life.



Lisa with Frances Cook, Jane Fraser, and Willie Botterill, working on "8 Tips for Teachers with Students Who Stutter"; Lisa with Dr. Alan Rabinowitz.

Beyond her work at Florida State University, Lisa served as Vice President for Professional Practices for the Stuttering Foundation of America, as a consultant for Florida's Agency for Healthcare Administration's Bureau of Medicaid Services and as a HIPAA privacy expert for other universities across the United States. She volunteered as an accreditation site visitor for the Council on Academic Accreditation, American Speech Language Hearing Association, as Past-President of the Council of Academic Programs in Communication Sciences and Disorders, and for the American Cancer Society's Reach to Recovery program.

She was named Fellow of the American Speech Language Hearing Association in 2014, and received the Stuttering Foundation of America's inaugural "Dr. Alan Rabinowitz Award for Clinical Education" in 2018. Most recently, she received "Honors of the Council" from the Council of Academic Programs in Communication Sciences and Disorders in April of 2019.

Dr. Scott played a major role in the advancement of the Stuttering Foundation. "Lisa's 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," said Stuttering Foundation President Jane Fraser. Dr. Scott also produced and was featured in a number of other Stuttering Foundation videos, as well as organizing international workshops and overseeing the Foundation's continuing education materials for speech-language pathologists.

Personally, Lisa never met a dog she didn't want to kiss or a vanilla-frosted-with-sprinkles cake donut she didn't want to eat. She was obsessed – for real – with Diet Coke (preferably from Whataburger on Thomasville Rd.), dachshunds and her granddaughter, Mousie. She was the keeper of any and all random tidbits of information. U.S. Presidents? The Royal Family? The Iditarod? She's your girl. Need to dish on the latest episode of "90 Day Fiance"? Text Lisa – she watched it already. She would remember everything you told her about your life, even if she hadn't seen or talked to you in years. Lisa was compassionate, giving, kind, empathetic and all those things we all aspire to be daily. She had the perfect card for any situation and always remembered to send it to you. She was beyond hilarious and relatable in a way that not many humans are. Lisa had more best friends than many people have in their lifetime, probably because she hogged them all.

Most importantly, Lisa was a warrior. The first in her family to go to college, she was 32 before she moved more than 5 miles away from the hospital she was born in, and she did it as a single parent and on a mission with her career. She moved halfway across the country to follow her dream – away from her family, her friends and the comfort of the Midwest. She loved fiercely – her husband Ned was her most cherished friend and partner. She was the best mother, daughter, wife, sister, friend, colleague and storyteller any of us have ever met. She has left a legacy in her field that will live on beyond her lifetime.



PHYSICAL BODY: INVISIBLE STUTTER

"Physical Body: Invisible Stutter" is a photo series that brings the concept of stuttering as an invisible disability to light. More than 70 million people worldwide stutter yet the stigma against stuttering and people who stutter is still prevalent across countries and cultures today.

The black and white photographs alongside written text provide a visual comparison of words as invisible speech and the physical human body. Words have the unique function of appearing visible to the eye as text while also heard, though unseen, when spoken out loud. For people who stutter, words can also be trapped within the human body. The photographs were taken indoors in natural light and then produced in a black and white format to highlight the gray area between what is observed and what is hidden to the naked eye.

WHAT DOES STUTTERING ACTUALLY LOOK LIKE?

What do I look like as a person who stutters? How do I look to someone else when in a conversation, and how do I look to myself? People are only aware of my stutter when I talk out loud. If I remained quiet, people would see my body but no one would know I stutter. As a person who stutters, I am always aware of how people react to my stutter in conversations. I notice when friends, family and acquaintances look away, fidget and simply have a vacant expression on their face. But how often am I aware of what I look like when stuttering? When speaking fluently? When I stutter, I tend to look away, I blink, I open and close my mouth and my thoughts race in my head. In figuring out what stuttering looks like physically, I also wonder what stuttering looks like from within. Where is this internal “block” preventing me from speaking and why can't I break it down?



HOW DO I WRITE ABOUT STUTTERING?

How can I convey what stuttering is like by writing words on paper or typing a computer without actually speaking out loud? How can I describe the emotions associated with what it's like to feel not in control of my speech? I've always loved writing and I've always loved the idea of thoughts emerging in physical form. I've found that the writer's block is similar to the stuttering block in that I cannot see either block but I have to work internally to push through both in order to communicate. In writing, I'm communicating with closed lips and allow my thoughts emerge in a different way. How can I accurately portray what stuttering is in my writing, not only in personal essays and my experience but in the fictional characters I write? Stuttering isn't only what is spoken out loud and it's not only the repeated letter in text. I've started writing about stuttering publicly in 2013 and in the five years since that point in time I'm still on this journey pursuing the written and unspoken word to describe what stuttering is like for me.

DO YOU HAVE THE TIME?

I'm always conscious of time in conversations. How much time does it take for me to speak my mind? How much time do I need to sit in silence before the word can come out fluently, or at all? How much time is someone willing to wait for me to speak? I've thought long and hard about time and what it means to "waste time." I wouldn't raise my hand in class or bring up a point in a work meeting because I worried about actually speaking my words out loud and how long that would take. Over the years, I've learned to be patient with myself. I've been striving toward clear speech when all along fluency is a rigged race. Why is fluency regarded as the appropriate way to speak and any other form of disfluency (stuttering or otherwise) actively discouraged? Stuttering requires patience. Do I have the time to speak my words? Yes, I have realized. Yes, I do.



CAN I TELL YOU SOMETHING? WHAT HAVING A STUTTER IS LIKE IN RELATIONSHIPS.

I've spent most of my life avoiding the topic of stuttering. Growing up, I never spoke about disfluency with friends and family. I would never have dreamed to talk about stuttering to a romantic interest. Thankfully, I've been surrounded by people who are understanding when I talk about my stutter and that includes dates and significant romantic partners. I'm open about stuttering on social media, but I still worry about what they'll think. Does releasing my writing on social media replace talking about stuttering out loud? I used to never bring up stuttering when on a date but now I don't mind bringing the topic up in a conversation. I've realized that being more open about my stutter means I can be more open with dates -- and myself. I'm nervous about meeting someone who wouldn't be interested because of something inherent to who I am, but I've realized that my own thoughts are still very real and deserve to be heard... even if it may take a few more moments to be expressed.

WHERE DOES THE STUTTERING JOURNEY BEGIN AND WHERE DOES IT END?

More than 70 million people worldwide stutter, and yet I still felt alone. I didn't become acquainted with other people who stutter until I attended the Stuttering Foundation's annual conference in spring of 2014. I didn't think having friends who stuttered was even an option until my mid-twenties when I attended my first stuttering conference in July 2018 filled with hundreds of attendees who stutter. At that conference, I heard people from all ages and backgrounds talk about their stutter and their experiences. I listened to their stories and those were some of the most important moments of my life. Stuttering is a personal journey that looks different to everyone.



CAN I ACCEPT MY STUTTER?

I've held onto many negative thoughts about stuttering. As I learn more about myself and stuttering, I choose what to hold onto and what to release. The person I was when I first started stuttering as a child isn't the same person who I am now. I never would have reached out to the stuttering community when I was in middle school. I never would have talked to my friends about this aspect of myself which I have kept hidden for most of my life. I never would have openly talked about my stutter to anyone. And then, once I opened myself up to words on the page and to the people around me, I opened up as a person in every aspect of my life. Stuttering is often described as an iceberg. The top of the iceberg is what people actually hear and submerged beneath the surface are all of the emotional aspects of having a stutter. I'm still coming to terms with the inner depths of my stutter but I know that it's still a work in progress. Stuttering is, after all, a lifelong conversation.



IS THIS THING ON?

Words are the method in which people communicate verbally, but what happens if those words in a conversation betray you? I've often thought that my words have betrayed me. I could hear what I want to say but because of the block which appears at random, I've been unable to say what I wanted to say. There's no movement I can make with my mouth that would magically stop my stutter and magically allow my words to pass. I don't have a key to a doorway that will allow my words safe passage. I do, however, have the ability to open my mouth, the entrance and closure of a spoken word. My mouth is the gateway to my thoughts, to my stutter, to who I am. I adorn my lips with lipstick but I cannot dress up my words in any specific way.

WHAT'S BURIED BENEATH THE SURFACE?

I've stuttered ever since I was a child and have attended speech therapy through middle school. Every emotion I've ever had associated with stuttering I've internally locked away until my mid-twenties, when I first started writing about stuttering and being more open in conversations and more open with myself. I've attended various yoga classes over the years and when moving through different sequences, the yoga teachers always provide words of encouragement, confidence and comfort. They say to be aware of what emotions come to the surface. They say to be present. Finally, I'm allowing myself to see what rises to the surface. I'm allowing myself to come to terms with and understand the thoughts and emotions I didn't want to face all those years ago. In moving my body, I'm allowing what I've hidden away to rise to the surface in order to understand the thoughts moving within.



AM I INVISIBLE IN CONVERSATIONS?

I live in a world populated by fluent people but my words belong to the world of stuttering. I always have words that want to spill out of my mouth in conversations, but sometimes the words emerge distorted. Sometimes, a vowel is elongated or a consonant has an extra syllable. Sometimes, when I am in a conversation, I don't say anything at all. I become invisible. My physical body is there, but because I am unable to say certain words or express certain thoughts, I wonder if I am even there at all in a conversation? The people in the conversation are unable to see my internal battle of forcing the words out until I begin to speak. My body is the vessel of my words and sometimes it breaks down before I am able to speak, leaving the words I want to say trapped within.

IS SHOWING VULNERABILITY A WEAKNESS?

Authentic communication happens when internal barriers are broken down to allow the deeper emotions within expressed out into the world. It's interesting to see how much connection happens when I allow myself to be vulnerable and let this part of myself out into the world. In talking to people who stutter about stuttering, I've found an inner confidence I never thought possible because I'm continually learning I'm not alone. I never have to be alone with my stutter again. In learning more about the stuttering community, I've learned to listen and how I can continue to, without shame, express my thoughts and ideas. In being vulnerable, I'm able to connect with people from all walks of life. In being vulnerable, I'm able to be who I am as a person. In being vulnerable, I've found strength.



MADELINE WAHL is a freelance writer based in New York City. She writes about travel, lifestyle and stuttering. Her writing has appeared on HuffPost, where she was formerly an editor, Red Magazine, McSweeney's, Pink Pangea, The Mighty, Yahoo Lifestyle, among others. Her writing can be found on her website: madelinehwahl.com.



ZOË LINTZERIS is a minimalist artist using photography and canvas for visual storytelling. She focuses on documentary and conceptual photo projects, and accepts commissions. Having worked in journalism and traveling across continents, her work explores the human condition and the emotional psyche within urbanism and rural environments. Her imagery skews monochromatic — focusing on love, loss, and resistance — and only makes use of natural light. She has been showcased on feature shoot and published in Silk Road Review, and has shot for 500px and a variety of artists and creative entrepreneurs. Her work resides in private collections throughout the United States, and has been exhibited in group and solo installations throughout New York. She is an active member of the Freelancers Union and supporter of Americans for the Arts. Zoë creates and resides in Brooklyn, and still thrives on BBC News and drinking tea.



DEAR SFA:

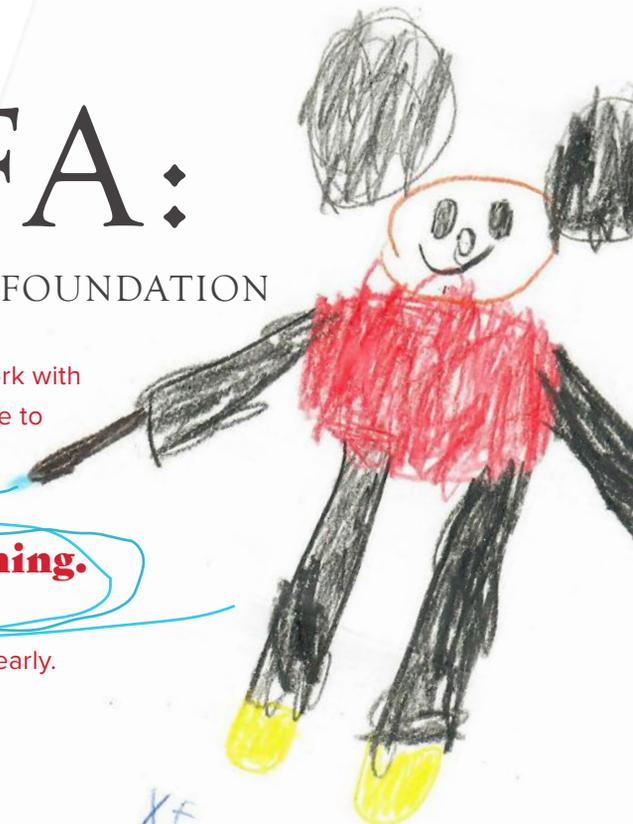
KIDS' LETTERS TO THE STUTTERING FOUNDATION

My name is Xavier. I am in the 5th grade. I work with my speech therapist two days per week. I like to play on the PlayStation 3. Sometimes I get bad ranks on my game.

Stuttering is not the best thing. I wish I could talk fast.

You must use strategies to help you speak clearly.

Xavier, 11, Virginia Beach, VA

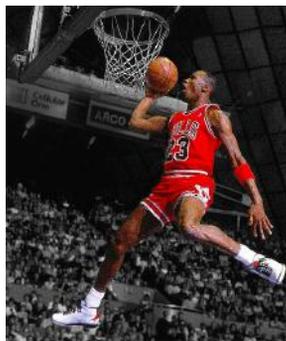


My name is Isaac and I am 10 years old. I live in McAllen, Texas. I have 1 sister, 1 brother, and a pet dog named Rex. I have been stuttering since the age of 3. My strategies have been helping me a lot lately. The most helpful strategy for me is full breath (air flow). Full breath is when you take a deep breath and let all the air out as you speak. That way you can start off slow. Sometimes I get made fun of, but I explain to them that I try to use my strategies to not stutter. Sometimes I sing because I don't stutter when I sing. Sometimes I practice tongue twisters so if I can say them fast, it helps me stutter less. I may not be that good at speaking, but

I FOCUS ON THINGS THAT I AM GOOD AT.

For example, basketball. I have been playing basketball since I was 4-years-old and I am really good at it. My favorite basketball players are Stephen Curry and Michael Jordan.

Isaac, 10, McAllen, TX



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

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

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

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

I am Not embarrassed about stuttering!
Hi! MY Name is Abby! Some of my hobbies are dance, softball, and soccer! I Leared that I Stutter in 2 grade! one of my favorite stratidger is easy onset and pausing! when you use pausing you stop between groups of words! when you use easy onset you start your airflow before you speak!

light contact
easy onset
slow speech
pausing
cancellations
pullouts
stretches
S. Bellin



Abby, 8, St. Louis, MO

My name is Preston. I am 11 years old and live in Texas. I stutter. Here are some things I know about stuttering. Don't let the stutter control your life. You can accomplish anything you want even if you stutter. Because you stutter, you have a higher IQ than most kids. When I get stressed or excited, I stutter. Sometimes I use speech tools like an easy start or a cancellation.

IT MIGHT BE HARD BUT KEEP TALKING!

Preston, 11, Southlake, TX



My name is Nolan and I'm in the 5th grade at Ellsworth Avenue School. I started stuttering in 1st grade. I have been with Mrs. F. my speech teacher for 4 years. Some strategies that improved my stuttering are Belly breathing, stretching out my words and bouncing my words when I get stuck. My speech teacher helped me with these strategies over the years.

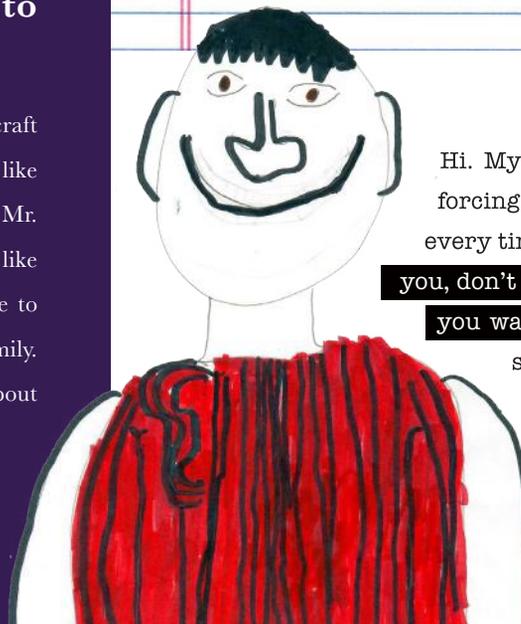
I was lucky enough to meet a teacher from Danbury High school named Mr. K. He was stuttering as he was talking. He has coached a girls basketball team and Lacrosse team. Mr. K has 3 daughters. **As he was talking to us I realized his stuttering did not stop him from talking. He taught us we can be what we want to be in life.**

Some games I like to play are Fortnite, Minecraft story made and Minecraft. Some things I like to watch are Mr. Bears, DanTDM, and Mr. Fresh Asian. I like to play sports at school like basketball, football and baseball. I also like to play with my cat and do stuff with my family. There has been no bullying in my school about which makes me feel happy.

Nolan, 10, Danbury, CT

Hi, my name is Isaac, and I am in the 5th grade. I go to Junction Elementary. I go to speech to work on (currently) lowering my amount of interjections. I use easy-onset and breaths to have clear speech. Also, something else useful I use is Pull-out. You can use Pull-out when you get an air block. What you do is really simple: basically just stop, and start over. If your stuttering ever gets you down, just know, stuttering makes you special, and there is no reason to feel down.

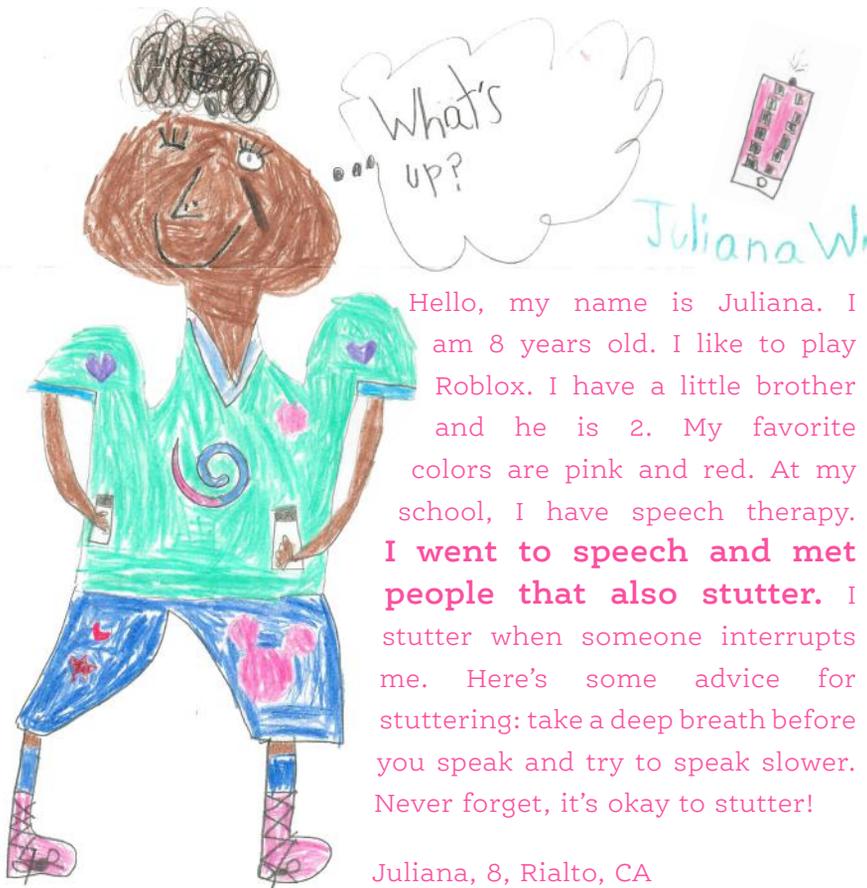
Isaac, age 10
Roseville, C.A.



Hi. My name is Josue and my brother is forcing me to stutter by making sounds every time. I stutted. **If that is happening to you, don't let them stop you from saying what you want to say.** You can use the speech

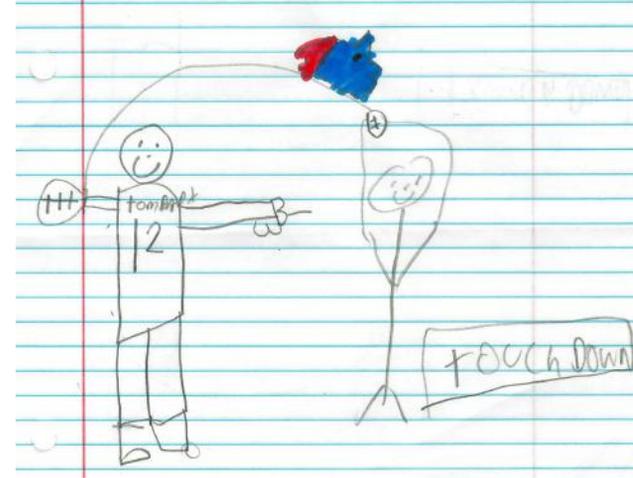
strategies to help you. I am 9 years old and I like to play Mario and Spongebob on the Wii.

Josue, 9, Sioux City, IA



Hello, my name is Juliana. I am 8 years old. I like to play Roblox. I have a little brother and he is 2. My favorite colors are pink and red. At my school, I have speech therapy. **I went to speech and met people that also stutter.** I stutter when someone interrupts me. Here's some advice for stuttering: take a deep breath before you speak and try to speak slower. Never forget, it's okay to stutter!

Juliana, 8, Rialto, CA



Hi my name is Rocky Jr. I'm 8 and in the 3rd grade. I like to run and play football. My favorite player is Tom Brady. My favorite strategy is stretchy speech and slow rate. It helps me read and speak fluently. My advice to you is it's OK to stutter. Just be yourself.

I would like to be in the magazine.

Rocky Jr., 8, Phoenix, AZ

Hi, my name is Tawnee. I am 9 years old. I live in Lititz, PA. I got to John Beck Elementary. I am in 3rd grade. I have a card that reminds me when I stutter. I practice easy onset. I got a new bike. I play Roblox. Multiplication is difficult. When you are stuttering, ignore the people that are mean to you. THE END.



Tawnee, 9, Lititz, PA

I love to hafe with my mom like brownies and chocolate cake.



Hi. My name is Raylan. I was named after a book character. **I am very fluent – I mean I can say a bunch of words, about 1,000.** Even though I know a lot of words, I stutter. I use throat clearing to help me say words but it doesn't really help. It helps when I use slower talking but I really like to talk fast. I like to listen to music and play video games, too!

Raylan, 7, Londonderry, NH





HI, MY NAME IS RYLEE. I'M 11 YEARS OLD AND IN THE 6TH GRADE

in Prairie Farm, Wisconsin.

I like to do sports such as dance, volleyball, and softball. I first stuttered in the 1st grade and was afraid to talk to people. My stuttering became worse. It got better by 5th grade. My stuttering got better because I have a very good speech teacher that taught me strategies to help with my stuttering. Strategies that I use are easy starts, talking slower and deep breathing. I also sing which helps to keep my voice going. I find that I don't stutter when I'm singing. If you stutter, just think about taking your time and use the strategies that you have been taught. Don't be afraid of speaking in front of your class, teachers, friends, or parents. Just be yourself!

Rylee, 11, Prairie Farm, WI

Art and speech are my two favorite things.

They both help me grow and if I make mistakes, I can learn from them. I dream that one day I'll be living in a beautiful home with a bridge and water lilies. The stars will be gleaming and each one will represent a family member, my friends, my animals, and my teachers with the knowledge they helped me learn. And then I'll live happy.

The world is big and people are small but we can make a big difference.

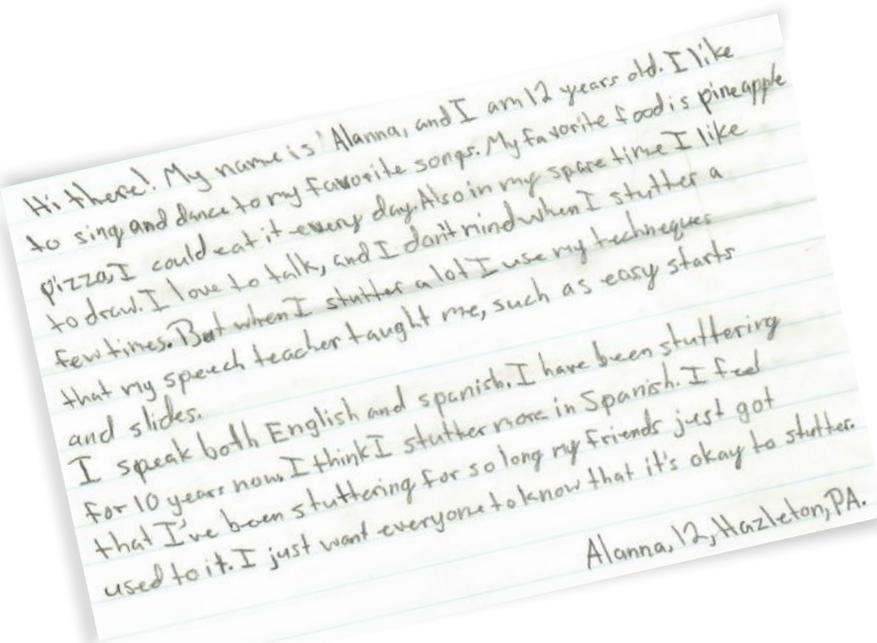
Salem, 11, Bulverde, TX

Salem

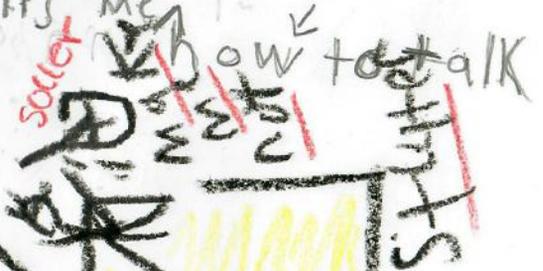
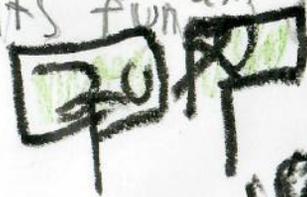


My name is Alexander. I am 10 years old and in the fourth grade. I like to watch WWE and football. I started stuttering in second grade. I like to use the strategy of pausing when I am talking. I feel okay with my stutter. My favorite NFL team is the 49ers.

Alexander, 10, Scottsbluff, NE



Hi my name is Dylan. I play games and like to go outside. It makes me sad when I stutter, but my family is understanding. I like coming to speech because it's fun and helps me learn how to talk better.



speech



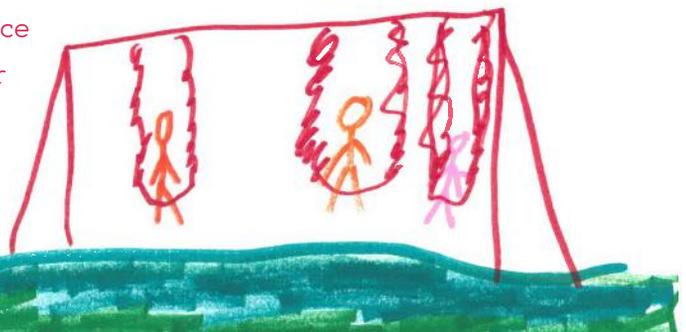
My name is Davion, I am 10 years old and I live in Kenosha, WI. I like chili dogs, McDonald's, ribs, chicken nuggets, fries, and steak. I like a lot of stuff. I like to play on my games like Mario and Haunted Luigi Mansion. I like to play outside with my friends and my cousins. I had a hard time talking because I stuttered so bad when I was little.

Then my speech therapist helped me with my stuttering and now I'm better at talking. My favorite strategies are tap it out, speak in a different way, and turtle talk. My advice for little kids who stutter is to take your time when you talk because maybe what you're saying is important.

Davion, 10, Kenosha, WI



Why not let your friends help?





Where does rain come from? My name is Aiden and also I am seven. My teacher from my school is nice. My speech teachers are nice too.

Aiden, 7, Antioch, CA



Hi. My name is Jair. I like Shadow Ops from Fortnite. My favorite subject is reading. I stutter when I speak fast and stutter with the letter B. Thanks for reading, bye! :)

Jair, 10, Olathe, KS

My name is Rose. I am 10 years old and I am in the fifth grade. I have a stutter. I have had a stutter for almost 2 years. A year ago, I went to a speech therapist. She has helped me get some strategies and I am improving. One of the strategies I like is feather touch. My favorite is a breathing technique. You close your eyes, take three deep breaths, and slowly relax every part of your body. That helps me feel more relaxed and more fluent. If you have a stutter, I would recommend you go to a speech therapist. It will probably make you improve.

When I stutter, it makes me feel like whoever was listening to me (the class) will not stop looking at me. I also feel embarrassed, which I think is normal. Sometimes it makes me feel like I wasted energy. Saying hard things can use your energy. That is what it feels like when I stutter.

I guess I wish people knew that it is not only me that stutters. There are a lot of people who stutter. A lot of famous people stutter too! **I didn't know that Ed Sheeran stutters and James Earl Jones stutters. James Earl Jones is the voice of Darth Vader and says, "We have the meats" for Arby's. Emily Blunt who plays Mary Poppins also stutters.** My stutter doesn't make me any different than my friends. That is what I think about stuttering.

Rose, 10, Mobile, AL

THE UNTOUCHABLE

I stutter. It's my quirk.

Stuttering, the roadblock in my life that reads, "Detour: Road Closed."

Having a stutter can be incredibly hard. It makes those tough days even more difficult. On these days, this alternative route seeming almost "untouchable," I contemplate giving up in my attempts to improve my speech.

However, this is never the highway exit that I decide to take. I, instead, decide to act with tenacity. Suddenly, the detour sign has disappeared. As a phrase commonly used by those who stutter goes, "Stuttering is God's greatest gift." His gift moves mountains. It forever changes my perspective on the beautiful concept that we call "life."

As another saying goes, "God often uses our deepest pain as the launching pad for our greatest calling."

That is why I am here at my desk writing this poem.

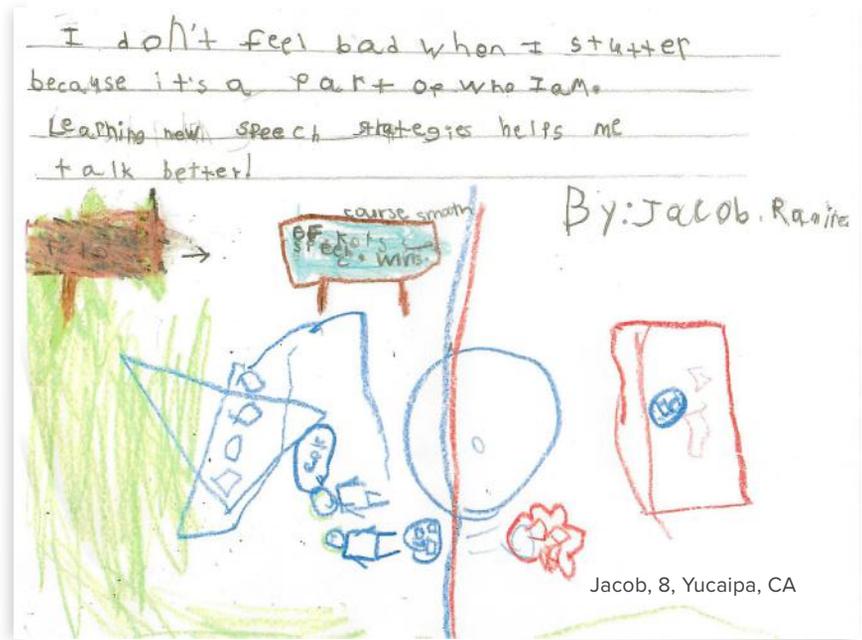
My stutter used to give me pain and diminish my self esteem. That dark cloud has once and for all moved behind the luminous sun.

There is no point in not accepting the person that I am. This would be just plowing through the sign that reads, "Detour: Road Closed." My stutter is what it is.

Nevertheless, I am going to be the change that I want to see in myself, and not coincidentally, the recently closed road now opens.

I used to not be able to accept the fact that I have a stutter. My heart wouldn't let go of this, as if it was gripping its robust hands onto these self-diminishing words. Today, however, those hands have lost their strength. I stutter. It's my quirk.

E.J., 15, Stratham, NH



I feel that stuttering makes people stand out from the others or maybe makes them feel alone or not wanted. Some strategies

that I learned are think before you speak (*that helped with a lot of things*). Next is prolongation, which is basically extending a word. At the end of the day, it will help you. My speech teachers taught me these things.

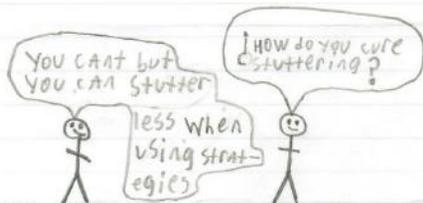
Ke'Jon, 12, Bridgeport, CT



Hi. My name is Eliezer or you can call me Eli. I am nine years old and I go to Liberty Elementary School. **Sometimes I get scared of my stutter.** My speech teacher told me never be scared of your stutter. I started stuttering in kindergarten. Then I stopped stuttering during summer vacation. Then I started stuttering again in first grade. I got bullied in second grade. They picked on me and laughed at my stutter. Then in third grade, they stopped picking up on me so never be scared of your stutter. My favorite games are Fortnite, Roblox and Minecraft. My favorite book is *Diary of a Wimpy Kid*.

Eliezer, 9, Sioux City, IA

Hi my name is Alfredo, and I'm from Cicero, Illinois. I'm in sixth grade. And, I stutter. When I stutter I feel like I'm in a dream and I can't talk. I like Fortnite and PS4. What helps me not stutter is my strategies. For example I like using soft starts. One time I saw someone making fun of a kid that stutters on a YouTube video. I know for a fact if you stutter or not and they make fun of you they are not your friends. Friends don't laugh at each other.



Alfredo, 11
Cicero, IL



Hi, my name is Noah Baez and I go to Ellsworth Avenue School. **When my friends ask me why I stutter I say, "that's how people are born"**. I've been stuttering since I was in the first grade. I have an excellent speech & language therapist (Mrs. F) and she has helped me to learn strategies such as Belly breathing and stretching out my words which have helped me with my speech. My classroom teacher Mrs. P has also helped me by reminding me to slow down.

I was Lucky enough to meet a teacher from Danbury High school who also stutters, Mr. K. It was interesting to meet an adult stutterer. I learned his stuttering did not stop him from being a teacher or a coach.

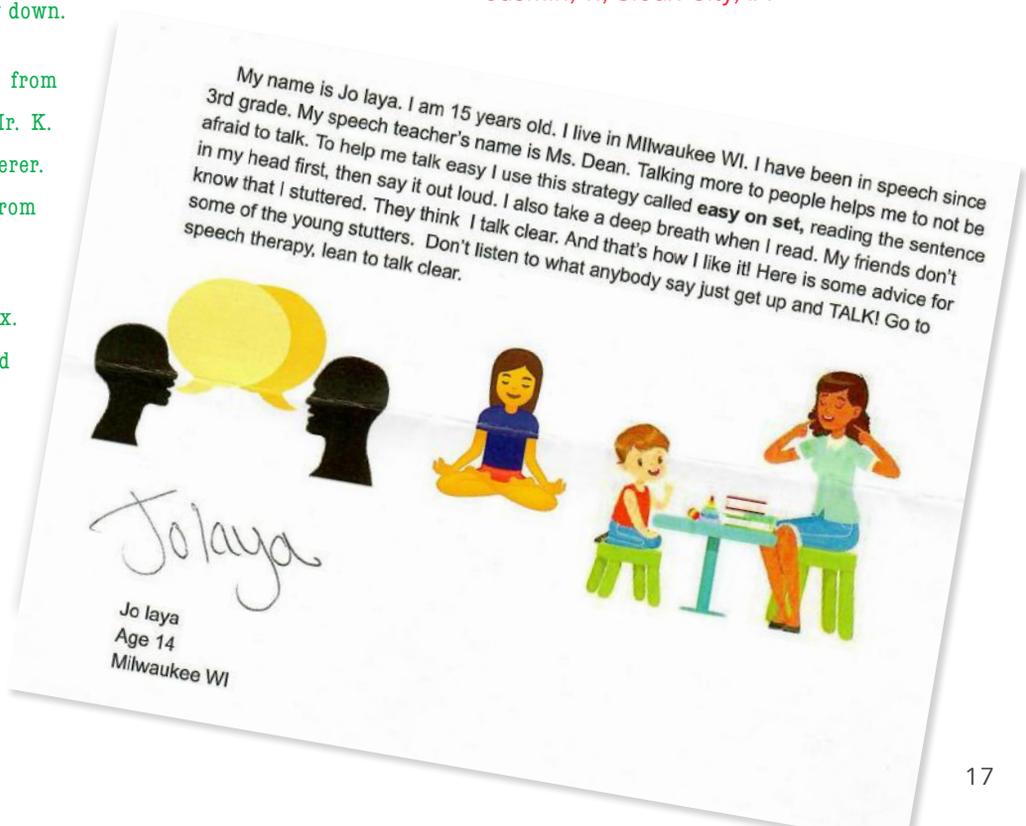
My favorite games are, Fortnite and Roblox. I also like to play Frisbee, soccer and basketball.

What I like about stuttering is that people don't think I'm different from others. People never made fun of me when I stutter in school which makes it easier for me to speak.

Noah, 8, Danbury, CT

Hi, I'm Jasmin and I stutter. My favorite things to do are hanging out with my friends, playing ROBLOX, watching TV and watching YouTube videos. I also like playing games on the phone that my mom bought for me. I want to go shopping at the mall for my birthday. **I love my speech teacher. She helps me talk better.**

Jasmin, 11, Sioux City, IA



Hi my name is Jayden I am 8 I have
 Stuttered my whole life I have 2
 Sisters I Play the Drums and when
 I play I am calm and I have
 got made fun of because of the
 way I Stuttered I Felt
 disappointed in him because
 he shouldn't be making fun of people
 I Stay happy because his words
 dont matter



by Myden



Hello! I'm Tristan. I'm 9 years old. I started
 stuttering in 2nd grade. When people
 make fun of me, I'm like, thank you and
 look away. I also have a dog. **My dog,
 Stella, listens to me when I talk
 to her.** I like to play FnaF (Five Nights
 at Freddy's) sister location. I'm stuck on
 night 4 though because night 4 is super
 hard. My favorite character in FnaF is
 Funtime Foxy. Also, just to say, Funtime
 Foxy is claimed both genders. Anyways
 stuttering is normal! Don't even care
 about what people say to you! Be YOU!

Tristan, 9, Florissant, MO

He'llo, my name is Kourtney and I am a stutterer! I have been going to speech therapy with
 Dr. Ammons for about one and a half years. During our time together I have learned
 about light contact lips. What does light contact lips mean? Well, it means that when
 I say words that start with my bumpy sounds, I need to let the words pass through
 my lips softly and gently... kind of like a leaf floating to the ground after a big burst
 of wind! That reminds me, one way I remember the light contact lip
 strategy, is to think about fall! Just like the
 leaves change color, my bumpy sounds
 change. Then, out of nowhere, comes a
 big burst of wind that almost knocks
 me over. The wind reminds me of a
 stuttering moment. It sneaks up on
 me! When the wind stops, I look
 around and see beautiful leaves
 falling to the ground! The falling
 leaves remind me of light
 contact lips, softly and gently
 letting the words fall.



Kourtney, 8, Columbia, SC

Hello, my name is Emmanuel. I am 11 years old. I like to play fortnite and Minecraft.

When someone ignores me, it makes me have bumpy speech.

When I stutter, it is hard to say what I want to say. When I use smooth, slow speech, it helps me. If kids need help with their bumpy speech, I will help them by using slow, stretchy speech. Never forget, it's okay to stutter!

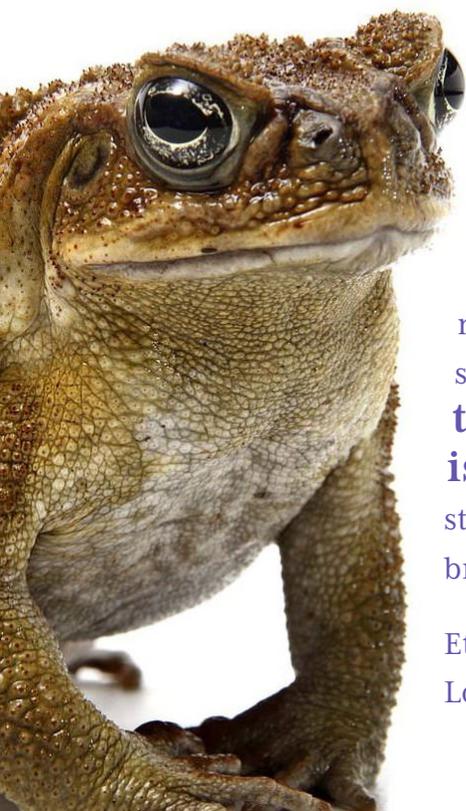
Emmanuel, 11
San Bernardino, CA



Hi, I'm Eva. I am six years old and live in Madison, WI. I go to a bilingual school and am in 1st grade. I speak and learn in both Spanish and English, which makes me special. I use the strategy of easy beginnings, which means that I start slowly and then get faster when I talk. It helps me.

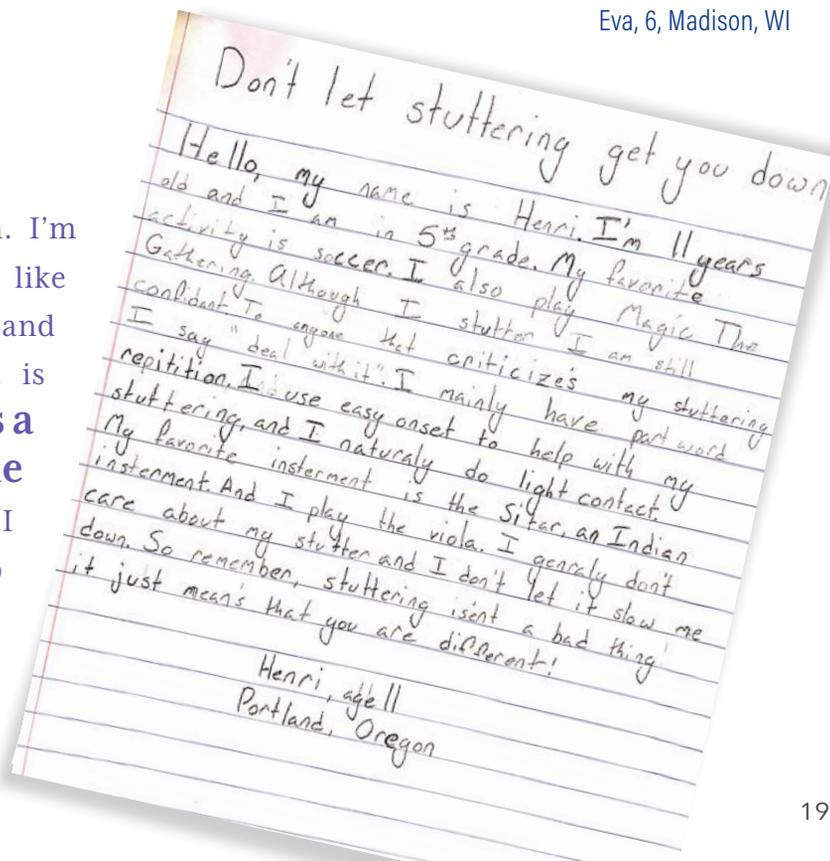
I really like Star Wars games and movies. I also like Fortnite, Roblox, and playing basketball and soccer. Outside at recess I like to play tag and play on the swings. I think stuttering is just fine. I started stuttering when I was two and now I am 6, about to be 7. I like coming to speech because it makes me happy.

Eva, 6, Madison, WI



Hi, I am Ethan. I'm in 3rd grade. I like to play Minecraft and my favorite sport is soccer. **My pet is a toad, his name is Slime.** When I stutter, I try to deep breathe and pause.

Ethan, 8
Louisville, KY



Hi, my name is Wyatt and I'm 9 years old and I stutter. Stuttering has affected me since I was in kindergarten and certainly in 4th grade. Sometimes I'm embarrassed of how I talk but when I'm talking to my friends or my parents I'm okay.

I thought that I was the only one who stuttered in the world but now I know I'm not even though sometimes I still feel that way.

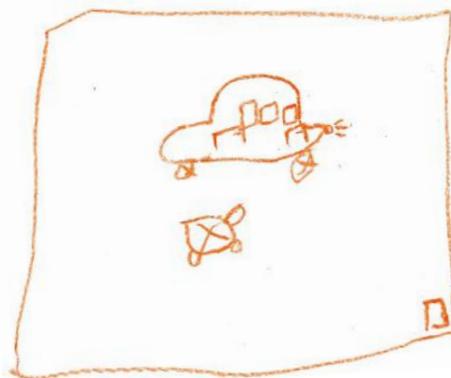
In first grade I got bullied, called names, and even spit in the face. I hated this but now I know what being bullied is. Now I'm going to a place called UCF. It's a place where they help people just like me. They help with people who stutter, recover from strokes, and even who become paralyzed. I can't wait to get this stutter out of my way.

Wyatt, 9, Eustis, FL

Jonathan, 10, Yucaipa, CA



MY STUTTERING FEELS LIKE A BUMPY ROAD



My name is Keante. I like to be doing work in speech. My stuttering feels like a bumpy road. I want to sell care when I grow up. In speech I like adding stickers to my card and playing games.

Keante, 7, Milwaukee, WI

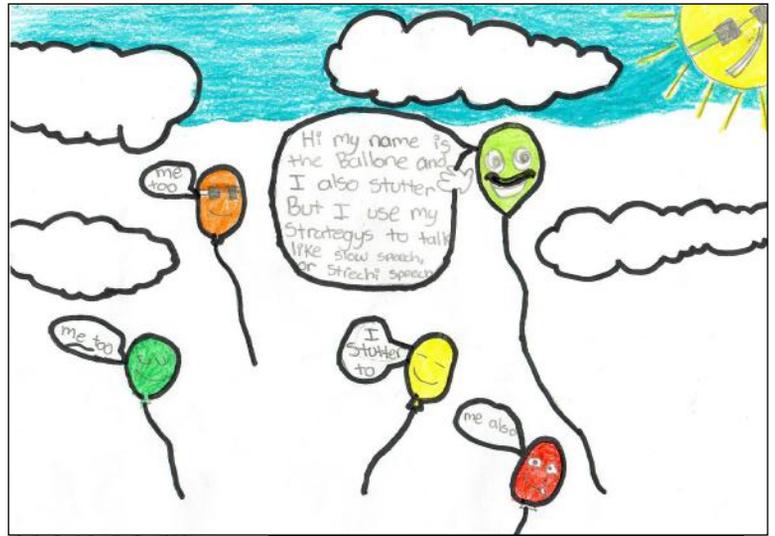
My name is Ariana. I am 8 years old. I live in Florida. **I like to sleep in on the weekends and swim in the pool.** I do not like to go to school. Sometimes I stutter and it makes me feel embarrassed. I use the Silly Putty to stretch out my sounds in speech with my speech therapist, Miss Becket. Try to use your strategies to slow down when your speech gets bumpy.

Ariana, 8, Port Saint Lucie, FL



Hi, my name is Jorge. I am 9 years old. I live in Brooklyn, New York. I have been stuttering since 2nd grade and now I am in 4th grade. **When I stutter, I feel frustrated.** When I get stuck on a word, I use my strategies. Like, for example, slow speech. If I stutter on a word I say it again but with slow speech. When my speech teacher, Ms. Samantha, takes me to speech class, we always start with relaxation exercises, and when I do it with Ms. Samantha, I feel relaxed and calm and floating in the air.

Jorge, 9, Brooklyn, NY



Hello, my name is Angelique. I live in Sebring, Florida. I am ten years old. I like unicorns, drawing and coloring. I like my speech teacher. She helps me to belly breathe. Easy beginnings helps my stutter from stopping. Some people make fun of me and it does not bother me.

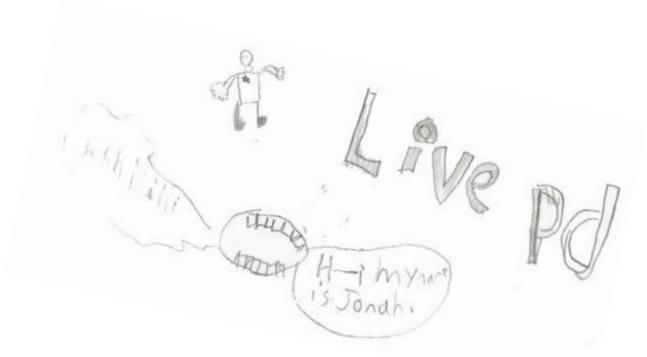
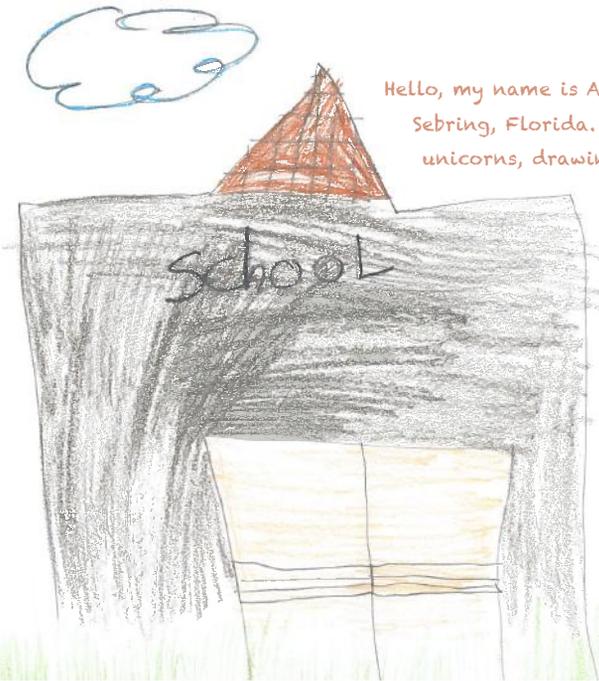
Angelique, 10
Sebring, FL



Hello. My name is Gregory and I have a problem stuttering. I had it ever since I was a kid but I've been trying to work on it. I've also been trying to slow down, but, I will beat it. My stutter is like my rival, I face it every day but I have trouble losing. **One day I will win against my stutter.**

I like playing Fortnite and GTA online. I will never change who I am and I use this for my stuttering.

Gregory, 13, Milwaukee, WI



Hi. My name is Jonah. I stutter quite a bit. I've been stuttering since I was 6 or 7. My absolute favorite subject/thing is Domino's Pizza. I like to go to Incredible Pizza and play laser tag. I stutter a lot and really can't stop. I've been doing speech classes since I was 7. My parents can't always understand me. I think it has gotten a little better.

Jonah, 10, West Plains, MO



Hi, my name is Gavin. I stutter, and I'm 9 years old. I like to play basketball and travel soccer, and I like to play handball. Sometimes you might not like to stutter because it might embarrass you. **But mostly it's not really a big deal if you stutter** because it's just one of the things that come to you. If you do stutter, try using one of your speech tools. And I like to play Fortnite. Also Jason, Friday the 13th.

Gavin, 9, Riverside, CA



Hi, my name is Benito and I like to play Roblox on my PS4. I started to stutter when I was in K4. **When I talk, I stutter. I did not like it at first but now I am used to it.** When you guys start stuttering, all you have to do is take a deep breath. When you talk, you will not be stuttering a lot if you use a deep breath. Sometimes when you take a deep breath, it makes you slow but not too slow and not too fast. It is okay to stutter because it makes you who you are. This is a picture of my favorite YouTuber who also stutters.

Benito, 9, Milwaukee, WI

hello my name is Max
and I like to play golf.
When I have bumpy speech
I take a deep breath. I
like speech!
Max Weme

Max, 8, Ferdinand, IN



DON'T BE SHY, JUST TRY!

My name is Mason and I am a stutterer. I have been stuttering for as long as I can remember.

I am nine years old. I am homeschooled and I live in Aberdeen, North Carolina. I love basketball, like to dance and my favorite type of candy is M&M's. My stuttering has gotten better. When I stutter I start over the sentence. I also slide my voice up and down like a slide. When I talk to other people I stutter and it's embarrassing. I sometimes concentrate when I speak. Don't be shy, just try!

Mason, 10, Aberdeen, NC

back off haters

Hey, my name is Braydyn. I'm 10 years old. I hate when people make fun of my stuttering, but I like it because I am different. One way I work through a stutter is tapping. I also like to swim.

Braydyn, 10, Ferdinand, IN

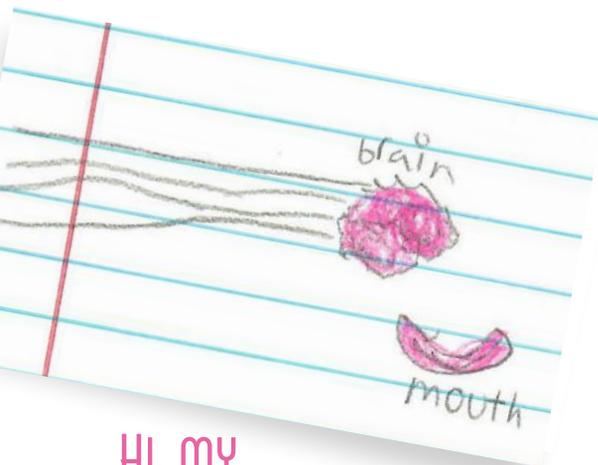




It's about all the stages of speech.

The first was when I was a beginner at speech. This is me and it says, "I-I-I like unicorns." This square is when we have group meetings. This is all of us at a table talking. Then I drew the roller coaster because it's like bumpy speech. I wrote, I love speech because it helps you learn about your talking and your speech. So, and the other reason why I love speech is because other people have talking problems and it's also good to know you're not the only one.

Alina, 7, Buffalo Grove, IL



Hi, My Name is ISAIAH.

My favorite TV show is Naruto. My favorite game is Dragon Balls, and my favorite book is too. I am 9 years old and stuttering is a sign of smartness. It means your brain moves faster than your mouth.

Isaiah, 9, Florissant, MO

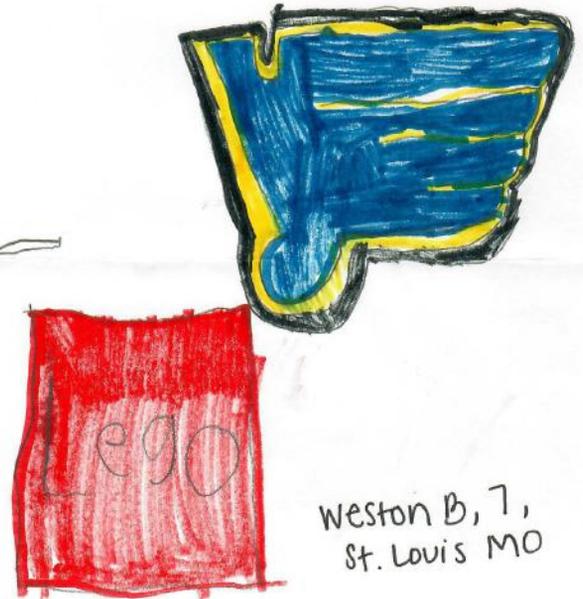
Hi, my name is Matt and I am 10 years old. I stutter. I like to play sports. My favorite sport is soccer. Stuttering is when your throat muscles get super tight and your words can't come out. **I am not scared of stuttering.**

I can use ease-ins and phrases to help me when I stutter.

Matthew, 10, Durham, NC

My name is weston. I love to go to st.louis blues Hockey games. My Favorite is Tarasenko. I started stuttering when I was 6. Years old. I love to play with Legos. My favorite strategy is pausing because it is Fun to use.

- Light contrast
- Easy onset
- slow speed
- pausing
- cancellations
- pull outs
- stretching
- speech



Weston B, 7, St. Louis MO



Hi my name is Roandre, and I'm in 5th grade. I did a speech presentation to help kids and adults understand stuttering. I go to a FABULOUS school called Mirror Lake. It is a fun school. I also play video games called Roblox and Fortnite. Isn't that cool? I have been learning about new speech tools every day. That's cool too, right? I use speech tools called The Breather and The Wave. The Breather helps me by taking one step at a time. The Wave is something that I do when I'm talking. My talking gets bumpy, and The Wave smooths it out. Plus, I have the greatest speech teacher in the world—Mrs. Ribbler. **I also have a brother named Rosean, and he is doing a speech article too!** Cool....Right!!!

Roandre, 10, Plantation, FL

Hi my name is Rosean. I'm in 5th grade, and my school is Mirror Lake Elementary. I like to play Fortnite every day. I'm learning science and reading this year. In speech, I'm learning new speech tools like the Breather, Roller Coaster and Rain Drop. When I use the Rain Drop speech tool, that helps me because it's like when the rain falls and it goes on the ground, the water smooths out. For example, when I was talking, **I smoothed my voice when I thought of the rain drop on the ground.** The type of speech tools are: The Wave, The Roller Coaster, The Train, The Rain Drop and The Breather.

Rosean, 10, Plantation, FL

Susie, 7, Mitchell, NE

Nov 7, 2019
 Dear Stuttering Foundation,
 my name is susie and I'm
 7 years old. I'm in a new school this
 but I still have my same
 speech teacher. I am making new
 friends. my advice is dont let
 stuttering stop you.
 ps. I live in mitchell.
 Susie



My name is Camden. I live on the Island of Kauai. I am 10 years old and I like to play Fortnite and Minecraft. I started stuttering when I was 3 years old. Some fluency techniques I use are slow speech (turtle talk) and bounce when I really get stuck. **I think it is ok to stutter and don't let people bully you.**

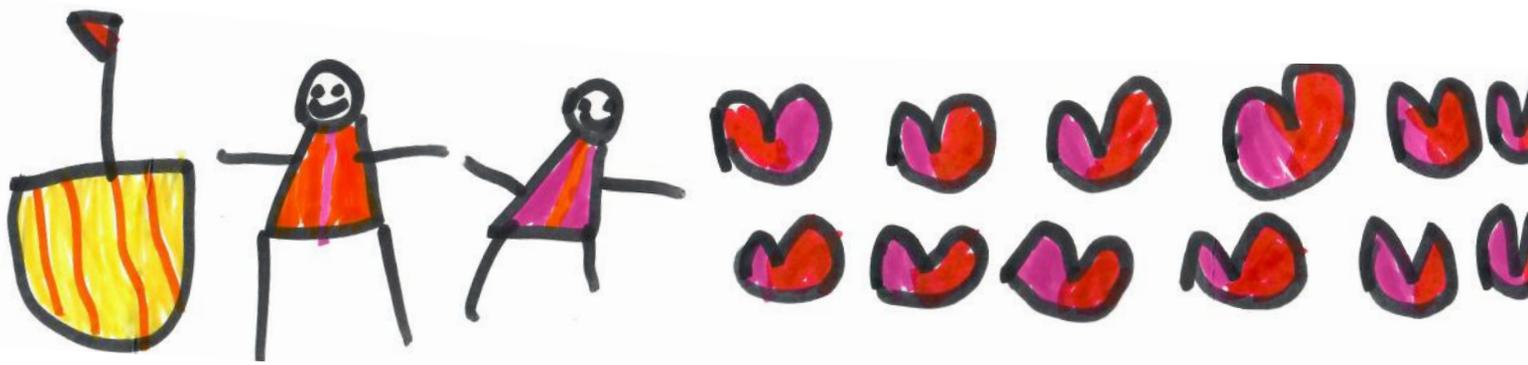
Camden, 10, Kekaha, Kauai, Hawaii



My name is Chad.

I go to Grantosa School. I like about speech when we do activities. I like using my pacing stick to help me talk smooth. When I stutter, it feels like an earthquake. When I grow up I want to be a principal. If you stutter, get a pacing stick, it will help you a lot!!!!!!

Chad, 8, Milwaukee, WI



My name is Tay and I am almost 7 years old. I live in Madison, Wisconsin and am in the first grade. I go to a bilingual school. Bilingual means that I speak and learn in two languages, English and Español (Spanish). I like to play soccer and hockey. One strategy that I find helpful when I'm stuttering is chunking. Chunking is when you talk, take a deep breath, and then keep talking. I want to know more about how different people stutter.

Something you should know about me is that I like to make people laugh by telling jokes. Here's one: What do you call friends on a boat? *A FRIENDSHIP!*

Tay, 7, Madison, WI

Hi. My name is Aberle. I am in 3rd grade, and I stutter. I use different strategies. But one of my favorites is slow rate! I like it because it makes my speech smoother. Sometimes I even forget I am using it! I go to speech on Tuesdays and Thursdays. **My friends always ask, 'Who's that pulling you out of class?' I just say it's my speech teacher.**

I have been taking speech for 3 years. I block my words like C-A-T, or sometimes I hold out words like aaaapple. I practice doing slow, like a turtle. I stop at periods. When I talk they make me slow down and stop and slow down and stop! Stuttering is not bad, it is just a part of you!

Aberle, 8, Boone, NC

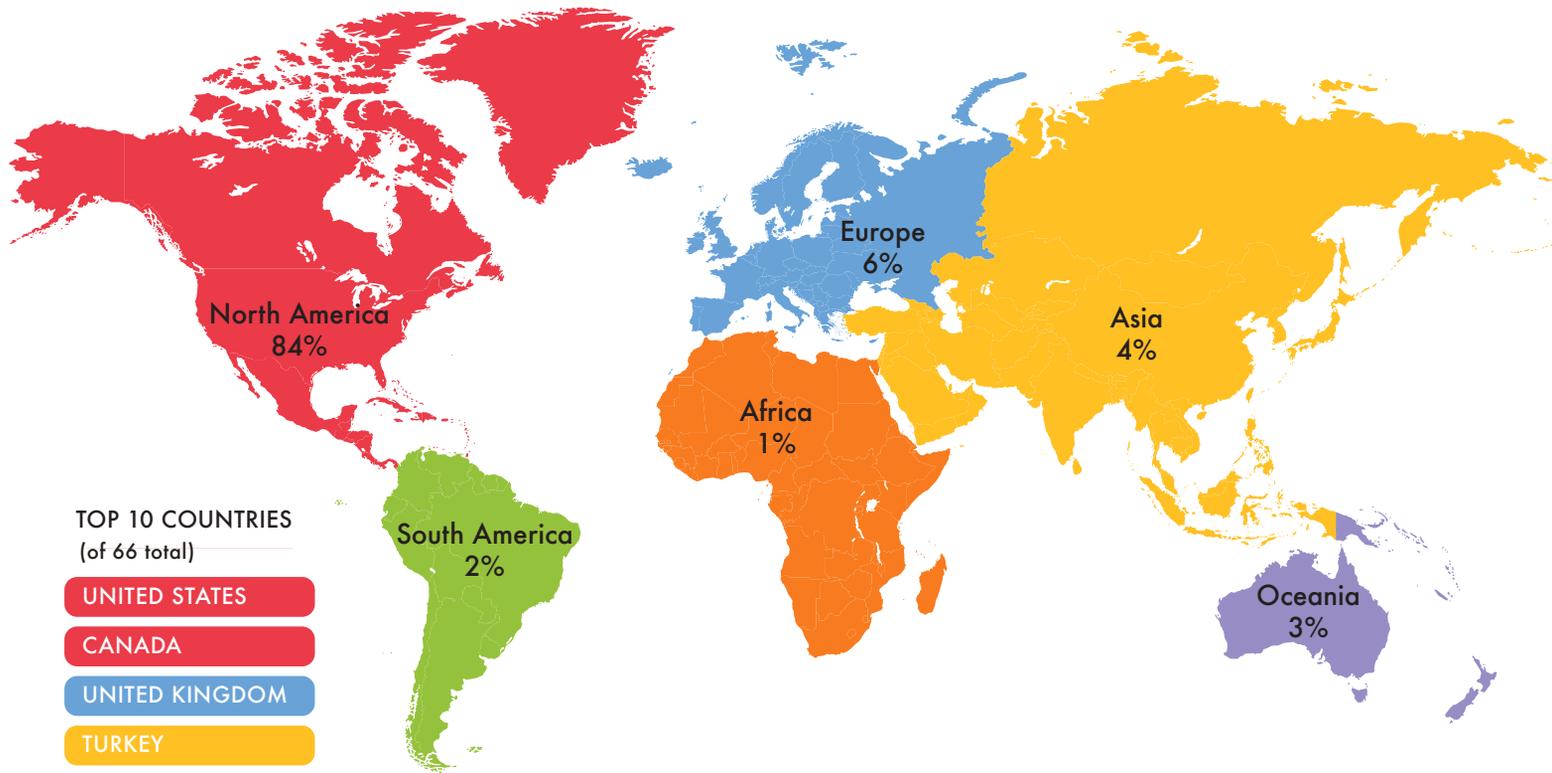


Hello, my name is Aiden. I am 10 years old and I am in 5th grade. I like to play Fortnite with my brother and cousins. I go to speech to learn how to stutter less. I stutter more when someone interrupts me or when I forget a word. When I get stuck, I stop and think about what I was going to say then I try to say it again.

Remember, it's okay to stutter.

Aiden, 10, Rialto, CA

REMEMBER, IT'S OKAY TO STUTTER.



TOP 10 COUNTRIES
(of 66 total)

- UNITED STATES
- CANADA
- UNITED KINGDOM
- TURKEY
- AUSTRALIA
- NEW ZEALAND
- BRAZIL
- SWEDEN
- IRELAND
- MOROCCO

TOP 10 CITIES
(of 731 total)

- Houston, TX
- Philadelphia, PA
- Nashville, TN
- Chicago, IL
- San Diego, CA
- Albuquerque, NM
- Atlanta, GA
- Los Angeles, CA
- Austin, TX
- Spokane, WA

Stuttering Foundation Podcast has kicked off in 2019 with weekly episodes, hosted by Sara MacIntyre, M.A., CCC-SLP.

Season One has ten episodes and counting, with segments ranging from: “Research Updates” aimed at bringing current research to working - and busy – clinicians; “Stuttering in the Schools,” focused on targeting school-based service challenges, personal stories; and a monthly segment with long-time Stuttering Foundation friend, Dr. Ellen Kelly.

Ellen and Sara discuss a clinical topic or question each month and their episodes routinely garner the highest number of downloads with feedback coming in such as, “I love the episodes with you and Ellen, it feels like I’m hanging out sitting on the couch with friends discussing stuttering.”

We have had 3,293 total plays and counting with popular episodes accumulating 548+ downloads. We’re most typically listened to through Apple Podcast via a mobile device, with downloads on every continent. 84% of our listeners are in North America, and the most downloads by city is led by: Houston, Philadelphia, Nashville, Chicago, San Diego, Albuquerque, and—showing quite the geographical spread within the US alone! Internationally, the podcast has been downloaded in 66 different countries!

Listen to Stuttering Foundation Podcast on Apple, Spotify, and Stitcher



THE DIFFERENCE A CONFERENCE CAN MAKE

AN ATTENDEE PERSPECTIVE . BY NICOLE ABEN

Hi Jane, Elaine, Ali and Diane!

Below is a copy of an email that I had sent Jane in October in which I shared some of the initial impact that I had been noticing since attending the workshop. Since then, I have had the opportunity to try using the Palin approach with several families. What is also interesting is that since attending the conference, my middle child is also almost 100% fluent (she was previously the most dysfluent of all 3 of my children) and I do recognize that in attending the conference, it had changed how I approached my interactions with her. Finally, since giving the presentation to my SLP colleagues, many of them have commented that they now feel much more confident tackling stuttering within their caseload and I am also mentoring a few members with specific cases. Attending the Eastern Conference is boosting fluency treatment knowledge and skill exponentially within our local area.



For information about this year's workshops, visit stutteringhelp.org

Hi Jane,

I have been wanting to thank you personally for a while now to let you know what a positive impact my learning at the Eastern Conference this past spring has had. Your comments regarding genetics, liking a child born with the predisposition to stutter to a child with the predisposition to excel at sports really resonated with me and I have since shared it with many families that I work with.

I have started using Palin PCI with my families and in the process have found that I am boosting both knowledge and confidence in parenting a child who stutters. I am encouraging them to talk openly about stuttering with their children so that we can build their own self-confidence. In the past, when treating preschool children, I had learned to avoid talking about stuttering, unless a child raises concern. I learned the ramifications of this the hard way when my daughter was asked by a neighbor why she "t-t-t-talks that way". My daughter was at a loss to explain it to her friend and the look on her face left me feeling devastated that I had not had a conversation with her prior to that day.

This week I presented to 20 SLPs within our agency as well as additional teachers and support assistants on some of the information learned while at the Eastern conference. I have since received many comments from staff who are grateful for the knowledge. We have had a chance to brainstorm how to fit Palin PCI into our treatment model and are excited to share it with more families. I have additional presentations planned and have begun mentoring other SLPs.

The experience and knowledge I gained in Boston will continue to be passed along - THANK YOU for this amazing opportunity. It has impacted my own family tremendously and will continue to do so with the families that I treat for years to come!

Warmest appreciation,
Nicole Aben

AMERICAN ACADEMY OF PEDIATRICS CONFERENCE NEW ORLEANS . 2019



Pediatricians from across the globe gathered in October at the American Academy of Pediatrics Conference in New Orleans and the Stuttering Foundation was there. Dr. Joe Donaher from Children's Hospital of Philadelphia and Stephanie Lebsack from Titus Regional Medical Center in Texas were prepared to answer the many questions that delegates posed.

These included when is the right time to refer a family that is concerned about stuttering and what are the risks factors for stuttering. Pediatricians reported that they frequently are asked these questions by parents and many had no idea how to respond before checking in at the booth. Besides having a chance to ask their questions, pediatricians were equipped with materials including books, videos and brochures created by the Stuttering Foundation.

Many of the pediatricians were eager for materials in other languages especially for their Spanish speaking families. They also had questions about where to refer families and what could be done to help a child who starts to stutter. There were interesting discussions of how other disorders like ADHD, Tourette Syndrome and Autism can impact a child who stutters. Overall the pediatricians were excited by the support and educational materials supplied by Stuttering Foundation year after year.



@stutteringfdn
SFA on INSTAGRAM
#stutteringfoundation



rubenwiseman
Maryland

Follow

rubenwiseman How to annoy a person who Stutters 101, Chapter 1: Interrupt their conversation 🤣🤣🤣
#stuttering #stutteringfoundation #istutter #funny
#talking #stutter #thestruggle #lol

laylow475 For real though. I hate getting interrupted.

234 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 **269,000 friends** are talking about in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



October 22 is International Stuttering Awareness Day. This is a great opportunity to focus public attention on a complex disorder that touches 70 million people around the world and more than 3 million in the U.S. alone.

The Stuttering Foundation suggests the following activities to celebrate:

- 1. Watch a New Video:** Our website features many informative videos for kids and adults.
- 2. Design a T-Shirt:** We sell out of our T-Shirts regularly. Help us create a new design! Submit your ideas to info@stutteringhelp.org.
- 3. Sign Up for Social Media:** Visit us on Facebook, Twitter, YouTube and Pinterest. Engage with thousands of others on topics around stuttering and fluency.
- 4. Find a Referral:** Wonder where to turn for help? The Stuttering Foundation offers referrals to therapists in the U.S. and around the world.
- 5. Share Your Child's Art:** Any child wishing to share their artwork with us can do so by sending it to info@stutteringhelp.org. Please include name, age, city and a permission letter from a parent.
- 6. Learn about a Famous Person Who Stutters:** Learning about famous people who stutter helps us to understand we are not alone in our struggles with fluency.
- 7. Get Information:** Visit your local public library and ask if they have resource materials on stuttering from the Stuttering Foundation.
- 8. Sign up for our Newsletter:** If you wish to receive a copy of the latest Stuttering Foundation magazine, please send your mailing address to info@stutteringhelp.org.
- 9. Read a Book:** The Foundation offers several books on stuttering for free in E-book format (many have been translated into other languages.)
- 10. Listen Patiently:** When talking with a person who stutters, avoid finishing their sentences unless they invite you to do so. Keep eye contact and be patient.

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



Stuttering Foundation



How did you celebrate International Stuttering Awareness Day?



WST: We have spent the morning talking to teaching staff about they can support children who stammer in schools. This is part of Communication TA scheme and our topic this term is dysfluency.



Lori: I celebrated by giving a talk on helping children who stutter.



GS: I shared awareness of the day with everyone that I came in contact with, including families and other speech-language pathologists!



Ansley: As a very proud mother of a 24 year old severe stuturer, "Listen Patiently" is my #1 each and every day. Thank you for raising awareness. Stuttering is just a different way of communicating.

SOCIAL MEDIA POLL: Do you ever feel uncomfortable answering the phone? 353 votes

73% YES

27% NO



Earn ASHA CEUs on your schedule.

The Stuttering Foundation offers affordable, online courses developed and led by world-renowned experts in the field at www.StutteringCEUs.org.

ADHD & Children Who Stutter
Joseph Donaher, Ph.D., CCC-SLP

Cluttering: Another Look
Kathleen Scaler Scott, Ph.D., CCC-SLP

Sharpening Counseling Skills
David M. Luterman, D. Ed

Autism Spectrum Disorders and Stuttering
Vivian Sisskin, M.S., CCC-SLP

Bilingualism and Stuttering: Blurred Lines
Courtney Byrd, Ph.D., CCC-SLP

Treating the School-Age Child Who Stutters
Carl Dell, Ph.D.

Avoidance Reduction Therapy in a Group Setting
Vivian Sisskin, M.S., CCC-SLP

Cluttering
Florence Myers, Ph.D., & Kenneth O. St. Louis, Ph.D.

Helping Children Change Thoughts & Feelings About Communication
Vivian Sisskin, M.S., CCC-SLP

Helping Parents Foster Self-Regulation in Their Children Who Stutter
Ellen M. Kelly, Ph.D., CCC-SLP, BCS-F

Achieving Successful Behavior Change
Kathleen Scaler Scott, Ph.D., CCC-SLP

Working with Preschoolers Who Stutter
Kristin Chmela, M.A., CCC-SLP

Desensitization with Parents
Elaine Kelman, MSc, Cert MRCSLT
and Ali Berquez, MSc, Cert MRCSLT

Evidence-Based Practice & Practice-Based Evidence
Dr. Nan Bernstein Ratner, Ed.D.

Implementing Cognitive Behavior Therapy with School-Aged Children who Stutter
Evidence-Based Practice & Practice-Based Evidence
Dr. Nan Bernstein Ratner, Ed.D.

Stuttering: A Clinical View of the Evidence
Dr. Joe Donaher, CCC-SLP

Stuttering: An Integration of Contemporary Therapies
Barry Guitar, Ph.D.

The Clinical Utility of Self-Disclosure and Voluntary Stuttering
Courtney Byrd, Ph.D., CCC-SLP

The Role of Attention in Therapy for Stuttering
Jane Harley, MSc, DipCT (Oxford), Cert/MRSLT, HCPC

Tools For Success: A Cognitive Behavior Therapy Taster

Tools For Success: A Solution-Focused Brief Therapy Taster

Stuttering 101
Barry Guitar, Ph.D.

Basic Clinical Skills

Understanding New Genetic Findings in Stuttering
Dennis Drayna, Ph.D.

Using Williams Normal Talking Approach
Dr. Patricia Zebrowski

Scoring Dysfluencies
Diane Constantino, M.S., CCC-SLP, BRS-FD



The Stuttering Foundation is an ASHA approved Continuing Education provider.



STUTTERING FOUNDATION CELEBRITY CORNER

MARILYN MONROE



Few Hollywood actors have been as famous as Marilyn Monroe. Even 58 years after her death, she remains a popular cultural icon. Born Norma Jean Baker in Los Angeles on June 1, 1926 to a single mother, she endured a difficult childhood that consisted of several foster homes, a few stays in an orphanage, as well as a couple of instances when she would be returned to the care of her troubled mother, who spent most of her adult life in and out of hospitals due to schizophrenia.

"I used to be so embarrassed in school. I thought I'd die whenever a teacher called upon me. I always had the feeling of not wanting to open my mouth, that anything I said would be wrong or stupid."

- MARILYN MONROE

She was married early at age 16, but divorced several years later. During her years as a famous actor she would have two more marriages and divorces, to baseball great Joe DiMaggio and to famed playwright Arthur Miller. Her ascent to being a Hollywood star resulted in starring roles in many high-profile movies, such as *The Seven Year Itch*, *Bus Stop*, *Gentleman Prefer Blondes*, and *Some Like It Hot*.

Her brilliant career was cut short upon her tragic death due to an overdose of barbiturates at age 36 on August 4, 1962 at her Los Angeles home. Circumstances of her death have been widely speculated upon, especially by the tabloid medical and conspiracy theorists. It is well known that Marilyn Monroe suffered from substance abuse, depression and anxiety; however, what is generally not known to the public is that she struggled with stuttering at various points in her life.



Charles Casillo put forth in his 2018 biography Marilyn Monroe: The Private Life of a Public Icon that as the years passed, “Her stutter was more pronounced now, so she spoke very little.” He also reinforced what most of her biographers report about the after effects of her child abuse, “We know that she began to stutter after the first attack, and she struggled with stuttering throughout her lifetime.”

“...she was unable to fully explain what happened. Her dramatic experience had precipitated a stammer.”

In Marilyn Monroe: The Final Years, the 2010 biography by Keith Badman, again it is conveyed that Marilyn’s stuttering began after childhood trauma. The book states, “But when she came face-to-face with Gladys (her mother), she was unable to fully explain what happened. Her dramatic experience had precipitated a stammer.” That her traumatic experiences activated her stuttering is widely put forth in other biographies. Badman stated about her childhood, “Norma Jean’s stutter continued to blight her.” He quoted her about her entrance into an orphanage, “So I stopped crying right away and I stuttered.”

Her speech impediment became so bad that she could not finish her sentences. In a 1955 discussion with the American columnist Maurice Zolotow, Marilyn recalled, “I guess you could say I gave up talking for a long while. I used to be so embarrassed in school. I thought I’d die whenever a teacher called upon me. I always had the feeling of not wanting to open my mouth, that anything I said would be wrong or stupid.

With the advent of social media, people are able to hear Marilyn Monroe discuss her history of stuttering in her own words. A YouTube video entitled “Marilyn Monroe – I Just Stuttered” features an interview in which she describes how her stuttering first started in an orphanage and then returned in her teenage years. She exclaims, “Oh, it’s terrible!”. Then the actress goes on to explain how if she is nervous or excited, she might slip back into the stuttering speech. She describes her work on one movie in which an assistant director scolded her before a scene, and then immediately after she stuttered badly on her lines. The assistant director said to her. “You don’t stutter”, to which she responded, “That’s what you think.”

On occasion, Monroe's stuttering prevented her from delivering a line. The most famous example occurred in 1959 during the filming of *Some Like It Hot*, in which her most famous line was "It's me, Sugar". She had so much difficulty with the word "Sugar" that it required 47 takes until she got it right.

Ironically, Marilyn Monroe had connections to two other famous people who stutter to be covered in the Stuttering Foundation's "Celebrity Corner". In our profile on Jack Paar "I Kid You Not! Jack Paar Is an Inspiration to Others!", it is mentioned that Paar co-starred with Monroe in the 1951 movie *Love Nest*. Also, the Celebrity Corner article on Dominick Dunne cited that Dunne and Monroe were friendly when both worked for Twentieth Century Fox, and the two discussed their past stuttering and the fear that it would return.

The assistant director said to her. "You don't stutter", to which she responded, "That's what you think."

In the days leading up to her death on August 5, 1962, Marilyn Monroe was under incredible stress due to both circumstances in her personal life and the fact that she was fired from her last movie, *Something's Got to Give*, due to poor performance on the set. While people close to her say that her stuttering was more noticeable in her final days as her life and career were unraveling, her speech was not a factor in being fired from *Something's Got to Give*.

With the controversy of both her death and personal life, there have been many biographies which delve into many aspects of her life, but few have mentioned her lifelong issues with stuttering. To say that Marilyn Monroe is a famous person who stuttered is an understatement, while most of the public is largely unaware of her speech difficulties. She spoke openly about her stuttering at a time when no other public figure did so. In her short and troubled life, she made heartfelt attempts to put a human face on stuttering.



Marilyn Monroe in "Some Like It Hot", 1959



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thekrisrandolph

Follow

thekrisrandolph One day I was doing a video post and on the 17th take, I gave up. I felt defeated, like a failure. Once again, my stuttering had triggered my anxiety. Instead of posting what I had intended that day, I videoed myself speaking about my stuttering, creating the rawest post I've ever made public. The response was overwhelming, 265+ comments later I realized I wasn't alone.

In that moment I truly realized the impact social media has on the world. It draws people in who resonate with your story and emboldens them to share. It's a humble reminder that we're all human going through this journey called life, battling our own unique problems. I made my profession in Social Media Marketing to work with my preferences and support my lifestyle—and you can too. Have faith in God and in yourself to pursue your dream. Life is fleeting—make the most of it and be joyful. #stuttering #stutteringfoundation



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





2019 GIFTS
IN HONOR OF
DR. LISA SCOTT



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- Dr. Courtney Byrd
- Jane Fraser
- Susan Hamilton Burleigh
- Linda Hinderscheit
- Elise Kaufman
- Rachelle Loir
- Robyn Martin

My Best Advice

TIPS FROM DAN PAPPAS

Dear Stuttering Foundation Friends,

Sometimes I pay too much attention to the latest fad in speech therapy instead of choosing a traditional, more effective approach. Beware the lure of an easy fix. Choose a therapy that has long-term benefits.

Sincerely,

Dan Pappas

Editor's Note: These well-known therapists can be seen in films produced by the Stuttering Foundation. This philosophy is in line with "stuttering is what you do when trying not to stutter."

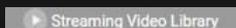
Dan Pappas first wrote to the Stuttering Foundation seeking information in the early 1980s; he has been a friend of the Foundation since then. He worked for 40 years as a contractor librarian at the NASA/Ames Research Center in Moffett Field, California. Happily single, Dan enjoys bicycle riding, reading,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

The Stuttering Foundation's streaming video library is packed with informative titles for parents and SLPs alike. Our most popular titles to date, based upon number of views, are as follows:

1. Basic Clinical Skills
2. Sharpening Counseling Skills
3. Working with Pre-Schoolers Who Stutter
4. Cluttering
5. Autism Spectrum Disorder and Stuttering
6. Stuttering: A Clinical Review of the Evidence
7. The School-Age Child Who Stutters
8. Bilingualism and Stuttering: Typical versus Clinical Speech Disfluency
9. Desensitization with Parents
10. A Fresh Look at Stuttering

Find the link to our video library on our homepage in the upper right corner.

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THE STUTTERING FOUNDATION REMEMBERS
TRAVERS REID, HON FRCSLT

Co-founder and Life President of
 Action for Stammering Children



We were deeply sorry to hear of the death of Travers Reid on 13th October 2019 aged 89. Travers held a very special place in the heart of the Charity and the Michael Palin Centre and he will be greatly missed. Without Travers Reid's vision, commitment and determination, many thousands of children would not have received this specialist support and many hundreds of therapists across the world would not be trained.

More than 30 years ago, as a successful businessman, Travers had a vision of a world without stammering. Having been affected by stammering throughout his life, he was determined to help children and young people gain access to the help that was not available to him during his childhood. In the 1980s, Reid was the driving force to establish the Association of Research into Stammering in Childhood, leading him to help open the Michael Palin Centre for Stammering Children in 1993.

First and foremost, Travers Reid was a devoted family man, married to Sandra for 60 years and intensely proud of his children and grandchildren. His contribution to the world of stammering has been exceptional and will always be remembered and celebrated.



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

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CONGRESO IBERO-AMERICANA DE TARTAMUDEZ

the Stuttering Foundation in Peru

Sara MacIntyre, M.A., CCC-SLP, Director of Programs and Education, traveled to Cusco, Peru to represent Stuttering Foundation at the Congreso Ibero-Americano de Tartamudez, a conference organized by Stuttering Foundation friend, Goncalo Leal, of Portugal and Rosa Luz Agüero of Peru.



OCTOBER 2019 The Congreso Ibero-Americano de Tartamudez conference was the inaugural Latin American Congress for Stuttering focused on bringing together clinicians and researchers from across Latin America in efforts to increase clinical knowledge and competency while growing the Latin American stuttering community.

It was a wonderful experience for Sara to present the history of Stuttering Foundation and an overview of resources for clinical education to attendees including the new digital offerings: *Virtual Learning by Stuttering Foundation* and the Stuttering Foundation Podcast. In addition, she was able to connect with former Stuttering Foundation workshopers from all across Latin America!

While adjusting to the altitude, Sara had the chance to explore some of this absolutely beautiful region of Peru—from visiting infamous Macchu Pichu, to hiking Rainbow Mountain (at 17,000 ft!), to visiting a traditional Quechua (native Incan) Village. It was a trip of a lifetime, and a great reward to see Stuttering Foundation fulfilling its mission in yet another part of the world.



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

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

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

A special thanks to the artist of the PSA on this month's cover, Nino Ilievski.