



THE STUTTERING FOUNDATION®

A Nonprofit Organization

SUMMER 2019

Since 1947... Helping Those Who Stutter

SECOND SPECIAL EDITION

KIDS' LETTERS



A COLLECTION OF ARTWORK AND LETTERS
FROM KIDS TO THE SFA



The Stuttering Foundation has been hearing from kids for over three decades, receiving more than 600 letters from children every year. Press releases, begun in the 1980's, resulted in a tremendous number of articles on stuttering nationwide. When Ann Landers featured the SFA in one of her classic newspaper segments, "Ask Ann Landers," the response from kids was immediate and overwhelming. Additional staff had to be hired to help with the incoming correspondence.

Anne Edwards, a librarian hired to help with the letters, was the first one at the Foundation to draft a response to kids, and it was her idea to have everyone from the office sign the letter. Those letters made an impact; and as time went by, the Foundation continued to hear from more and more children around the world affected by stuttering.

Today, the Foundation features kids' letters in each and every magazine, responding to each child with encouragement, advice, and thanks from the SFA team.





Dear Stuttering Foundation,



Thinking on my Porch

Sometimes I stutter, but I try to fix it. Then I use my strategies. I like to play Fortnite and sit on the porch. Sometimes I think about my bumps. When I have a bump I stop and use my breathy speech. **I feel nervous when I stutter because people look at me.** I like speech because my speech teachers are nice, and something that I learned is when I have a block to stop and repeat.

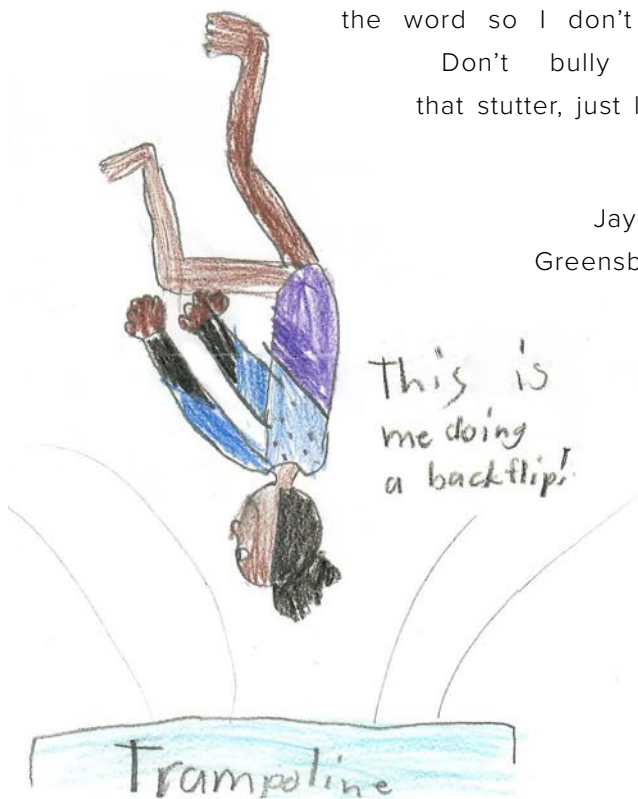
Jeremiah, 8, Luling, LA

HI, MY NAME IS JAYDHON

and I'm in 2nd grade. I like to draw and write. I also like to make stuff like sewing and crafts. I do gymnastics and I'm flexible. I stutter. My speech teacher helps me and I learned some things that help me. I learned easy bouncing, starting with an 'h,' and gliding through the word so I don't stutter.

Don't bully people that stutter, just listen to them!

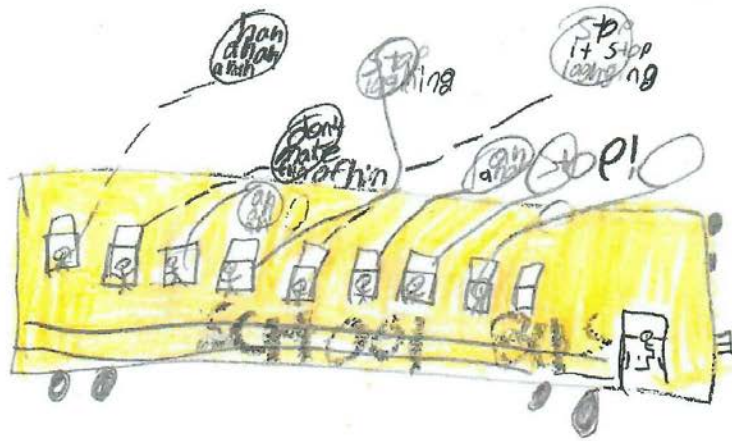
Jaydhon, 8,
Greensboro, NC



Hi, my name is Anna. I'm 16 and I stutter.

I started speech therapy in 5th grade. I was born and raised in Crandon, Wisconsin. **One thing that helps when I stutter is to slow down how fast I talk, it helps me feel more in control when I stutter.** When I was in 6th grade, I helped give a presentation to a kid who stutters in 1st grade. I told him and his class how to help each other. I told his class to be supportive and help him understand stuttering. Stuttering made me have a hard time to follow my dream, singing. I learned I couldn't do it so I gave up and realized singing wasn't a dream I should follow. Now I am following my dream of being a chef.

Anna, 16, Crandon, WI



BUMPY ON THE BUS

My name is Adrian, I'm 9 years old. I like to play sports. My favorite sport is soccer. My bumpy speech makes people laugh. It makes me feel like I am the only one that has bumpy speech on the bus.

Adrian, 9, Moxee, WA

FEEDING MY FISH

SOMETIMES I STUTTER, BUT I USE MY TURTLE SPEECH. I LIKE FEEDING MY FISH. WHEN I HAVE A BUMP, I USE MY TURTLE SPEECH. I FEEL PROUD WHEN I STUTTER BECAUSE OTHER PEOPLE DO NOT. I LIKE SPEECH BECAUSE I LEARN TO NOT HAVE BUMPS.

ALKAN, 7, FROM LULING, LA



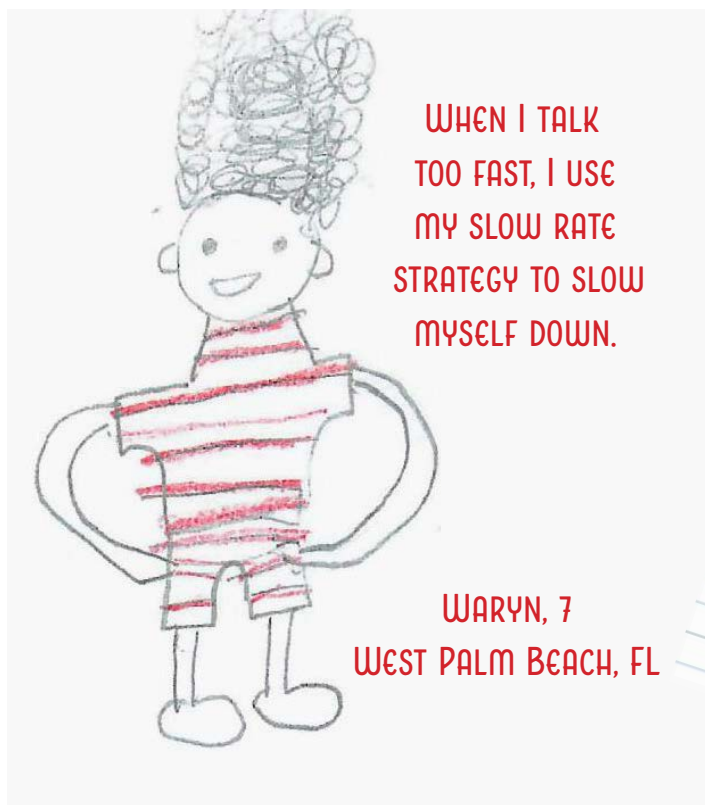
My Name is Zac. I am 14 years old and have stuttered for as long as I can remember. I have been to many different speech clinics to try and get help. I go to a relatively small school and there I am the only one that I know of that stutters. **Being in a small school means talking to more people and having to give more presentations.** With all the time spent in the clinics, I have learned many strategies to try to 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 gonna say before I talk to them. Also, speaking slow helps. My advice to you is to try to not let it make you avoid certain situations too much and to just be yourself and don't let your stutter get in the way.

Zac, 15, Spokane WA



MY NAME IS JORDAN, I AM 11 YEARS OLD AND I LIVE IN PENNSYLVANIA. I LIKE TO PLAY FORTNITE AND MADDEN '19. I TALK TO MY FRIENDS WITH MY MIC HEADSET. **SOMETIMES I STUTTER BUT MY FRIENDS DON'T CARE.** SOMETIMES, WHEN I STUTTER, MY LUNGS FEEL REALLY TIGHT. THEN I TAKE A LAZY BREATH AND START OVER. THAT USUALLY HELPS. I WANT PEOPLE TO KNOW WE DON'T KNOW WHAT CAUSES STUTTERING, SEEING A SPEECH THERAPIST HELPS.

JORDAN, 11, FROM LIGONIER, PA



WHEN I TALK TOO FAST, I USE MY SLOW RATE STRATEGY TO SLOW MYSELF DOWN.

WARYN, 7
WEST PALM BEACH, FL

Stuttering Is Horrible

Stuttering is horrible. I feel like it ruins my life. When I stutter I feel like no one understands me or just won't listen to me. If I did not stutter, then I would have more friends. **I just want my stuttering to go on a vacation and leave me alone.**

My speech teacher is helping me learn ways to help my speech like belly breathing. During speech, I have learned that I need to slow down and say the sentence again to help me when I get stuck. My goal is to calm down and talk slow, not fast.

Vincent, 13, Haubstadt, IN

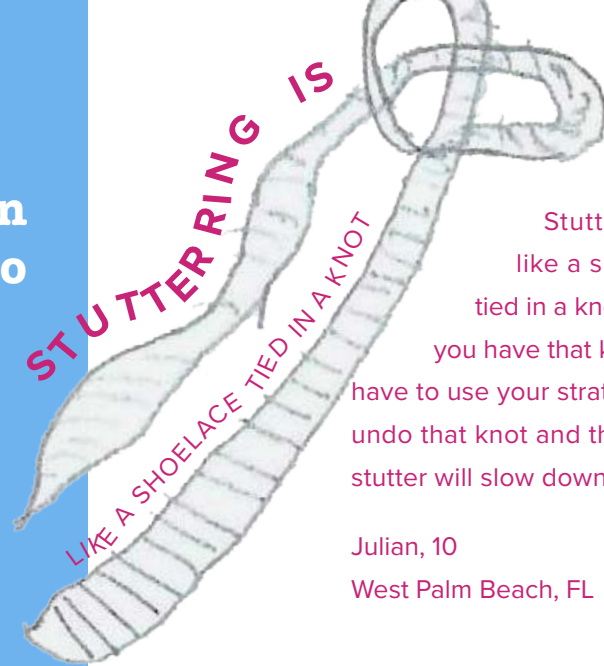
I stutter the most when I'm nervous and have to talk in front of people.

My name is Jordon and I am 10 years old. I stutter the most when I'm nervous and have to talk in front of people. These are the strategies that work for me:

1. Belly breathing
2. Stopping at punctuation
3. Pair breathing with words
4. Power through it
5. Reading with someone

I have learned that stretching it out does not work for me. I have learned that stuttering is my normal!

Jordon, 10,
Greenville, NC



Stuttering is like a shoelace tied in a knot. Once you have that knot, you have to use your strategies to undo that knot and then your stutter will slow down.

Julian, 10
West Palm Beach, FL

Have no fear to talk. (Ariana's Story)

hi, my name is Ariana and I studder. ONCE when I was 3 years old when I started to talk. when I was 3 years old my mom noticed that I started to repeat words for a long time. so a few months later I went to preschool! when I entered the building I was so excited to start school. A few days later I went to speech class and we worked on my talking. Ever since that day I worked with her and I still do! And her name is Mrs. Tanager and she is the best speech teacher in the world. I've been trying to get better at my speech ever since. some kids still bully me for how I talk, and it bothers me alot so the only thing that I say is "at least I can studder good what can you do". And the thing that cools me down is sketching and talking to my friends about it. whenever I do a presentation



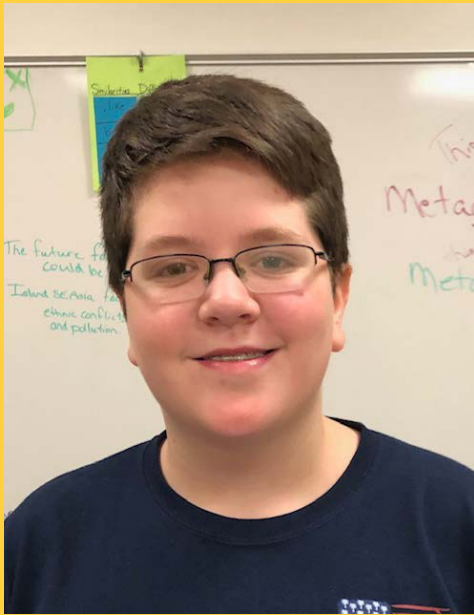
I always pick the same friend I pick her because if I studder she helps me (Hailey). So always pick someone who helps you and know I barty studder! -Ariana, 10 years old, NJ

Ariana, 10, Monmouth Junction, NJ

Stuttering From My View

by Joshua, 13

from Centerbrook, CT



My Story Begins...

I started stuttering when I was 5 years old. A lot has changed since then. I am 13 now. Before, I was more anxious when talking to friends, teachers, and even family. **What I have learned is not to be afraid if you have a stutter.** You are not weird. If you don't know what stuttering is, it is a speech disorder that involves interruptions to your speech going forward. There might not be a cure for stuttering, but there are many ways to improve talking by decreasing tension in your speech muscles. Tension is like a main ingredient in stuttering. My favorite strategies to decrease tension are cancellations, pausing and phrasing. I strongly recommend that you try these!

HI MY NAME IS BLAKE.

MY FAVORITE HOBBIES ARE PLAYING HOCKEY, COLORING, SKIING, PLAYING SPORTS, AND FISHING WITH MY UNCLE.

I FEEL COMFORTABLE WITH PEOPLE I KNOW AND TALKING WITH THEM. I HAVE NO PROBLEMS TALKING TO MY FRIEND, COLE. WE STARTED BEING FRIENDS IN SECOND GRADE. HE KNOWS WHAT HAPPENS WHEN I STUTTER, HE'S A REALLY GOOD LISTENER AND NEVER FINISHES MY SENTENCES.

WHEN I MEET SOMEONE FOR THE VERY FIRST TIME I FEEL UNCOMFORTABLE BECAUSE THEY DON'T KNOW IF I STUTTER OR NOT AND I'M WORRIED THEY MIGHT MAKE FUN OF ME. IN SPEECH THERAPY MY TEACHER, MRS. HILARY, HELPED ME MAKE A SLIDE SHOW TO TEACH NEW PEOPLE WHAT STUTTERING IS. IT WILL HELP ME FEEL COMFORTABLE IF THEY KNOW ABOUT STUTTERING.

BLAKE, 9, FROM ELIOT, ME

*My name is Anthony. Sometimes I stutter, but when I do stutter, I take a deep breath and think about what I'm going to say. It doesn't really bother me, but if it does, which is only once in a while, I'll just start over. **And if it bothers you when you stutter, just take a deep breath and start over.** Because then you can think about what makes sense. Sometimes it doesn't because you go into a fff-ffff-ffff or hhhhhh or get stuck on a letter of the alphabet.*

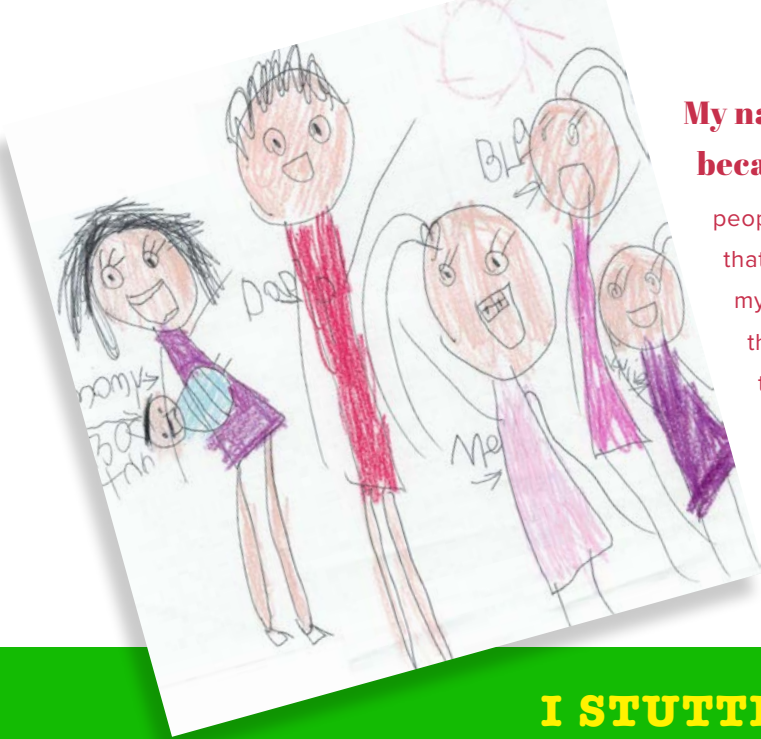
Anthony, 7, Lumberton, NJ



I LIKE STUTTERING. I FEEL OKAY ABOUT STUTTERING.

Hello, my name is Bridget and I'm 8 and in 2nd grade. I like going to the park and playing Legos. I like playing Xbox too. I live with my dad, mom, and brother. People ask me why I stutter or what stuttering is. I tell them that I don't know why I stutter, and stuttering is when you get caught up in your words. I stutter when I'm tired or excited sometimes. I started stuttering when I was 3. I started working with my speech teacher, Ms. S, when I was in 1st grade. Ms. S taught me some speech strategies. My favorite one is easy onset, that's when you take a breath before you talk. I like it because it's easy and quick. I don't think that people who stutter can't do what they want to. Ed Sheeran stutters and he's famous. So don't make fun of us, it's not nice. My mom says I stutter because my mouth can't keep up with my brain. I also like drawing as a hobby.

Bridget, 8, from Bolivar, PA



My name is Julianna and I stutter. It's okay to stutter because other kids stutter too.

It used to be hard because people used to talk over me and I would get upset when they did that. I know now to say, "please give me some extra time because my speech machine doesn't work as a team sometimes." I am proud that I don't have to have my sisters talk for me anymore. I am proud that I can talk for myself even if I stutter. If I stutter, I use my free talking. Free talking is when you say whatever you want and you don't have to stop when you stutter.

Julianna, 8, Bethesda, MD

I STUTTER MORE IN ENGLISH.

Hello, my name is Loretn. I am from Wisconsin and I am 8 years old. I go to Nuestro Mundo Elementary School in Madison, Wisconsin. Nuestro Mundo rules!! I started stuttering when I was 5 years old when I was in kindergarten. I stutter more at school. I stutter more in English. No one else in my family stutters, it's only me. I feel that when I talk faster, I don't stutter as much.

Some things that I like to do is play FortNite and Apex Legends. I like to play with Legos and collect Pokemon cards. Did you know that more boys stutter than girls? That is the crazy truth! Thank you for reading my letter about my stuttering.

Loretn, 8, Madison, WI



Hi, my name is Brandon and I am starting my second semester at North High School. **I gotta say, I'm not nervous as I expected myself to be.** I'm enjoying myself here at high school, but I have a stuttering problem when I'm in a conversation with my friends, and my parents, for some reason. I don't know why!

Some things that I've learned in speech to help with my stuttering are speaking more slowly. But it's not as easy as it sounds! It's hard because when I'm thinking of what I'm going to say in a conversation, it's hard to think about the methods for smoother speech. Another thing that helps me is if there's a sentence that I stuttered on, then I repeat the sentence that I stuttered on, but in a more calm way. These strategies work for me sometimes.

On the website called YouTube, I have a channel where I upload videos I make on my computer. I use a program called Sony Vegas Pro15 to edit the videos I record. The videos I record are game plays or memes at certain times. My reason for being a YouTuber is to make people laugh and to entertain people. If you want to check it out, my name is: Samsung Gamer YT. Thanks for listening.

Brandon, Torrance, CA



by Blaine, 7, from Livonia, NY



My name is Graham. I am 9 and in the 3rd grade. I like video games and I like to play baseball. Stuttering isn't a big deal to me. It may drive me a little crazy, but I don't mind it. My passion is the U.S.M.C., which means the United States Marine Corps. My favorite books are I Survived, and, Dog Man.

Graham, 9, Keller, TX

My name is Adam. I am 8 years old. I'm in 2nd grade. I like to play Minecraft and I like to play at parks. I presented a speech poster to my class. I told them what the speech machine is. They asked me why I was in speech and I told them I stutter. My stuttering sounds like, "l...l...l...l." When I stutter, I can stop and start over with a deep breath. When I stutter, it doesn't make me not cool or not funny.

Adam, 8, Portland, OR





Hi! My name is Cambria. I live in South Dakota. My two favorite sports are volleyball and cheerleading. My thoughts about stuttering are that there are better days than others. For example one week might be your best week ever, then after that week or day, things go downhill. **Another thought about stuttering I have is I get nervous when I have to speak in front of the class. The reason I get nervous is because what if I mess up?**

Then I feel like I make a big fool of myself even though nobody really notices. I am more fluent when I'm in front of the people I know. Like my family or some of my best friends. But when my speech is not so fluent I have to use my strategies. For example one of my strategies that works for me is starting over my sentence. But that doesn't always work. So then I go on to the next strategy and that is called easy onset. So I don't tighten my lips and I breathe the words out. One more strategy I have is choral reading. Choral reading is when you read with someone. I like to do that with a friend instead of just me. It just makes me feel more comfortable. What I wish that others knew about stuttering is that it just happens. Like you personally don't control when you have a stutter, but you can use strategies to help control the stutter. It can happen to anyone. Not just people with stutters. A lot of the time when people have to speak in front of a crowd they normally have a stutter. You can learn how to, well,..... let's call it this - tame it. By that I mean you can learn how to control so you do not have it all the time. I hope you take the time to think about what I have said and hopefully have learned something. ALWAYS remember it's ok to have a stutter!

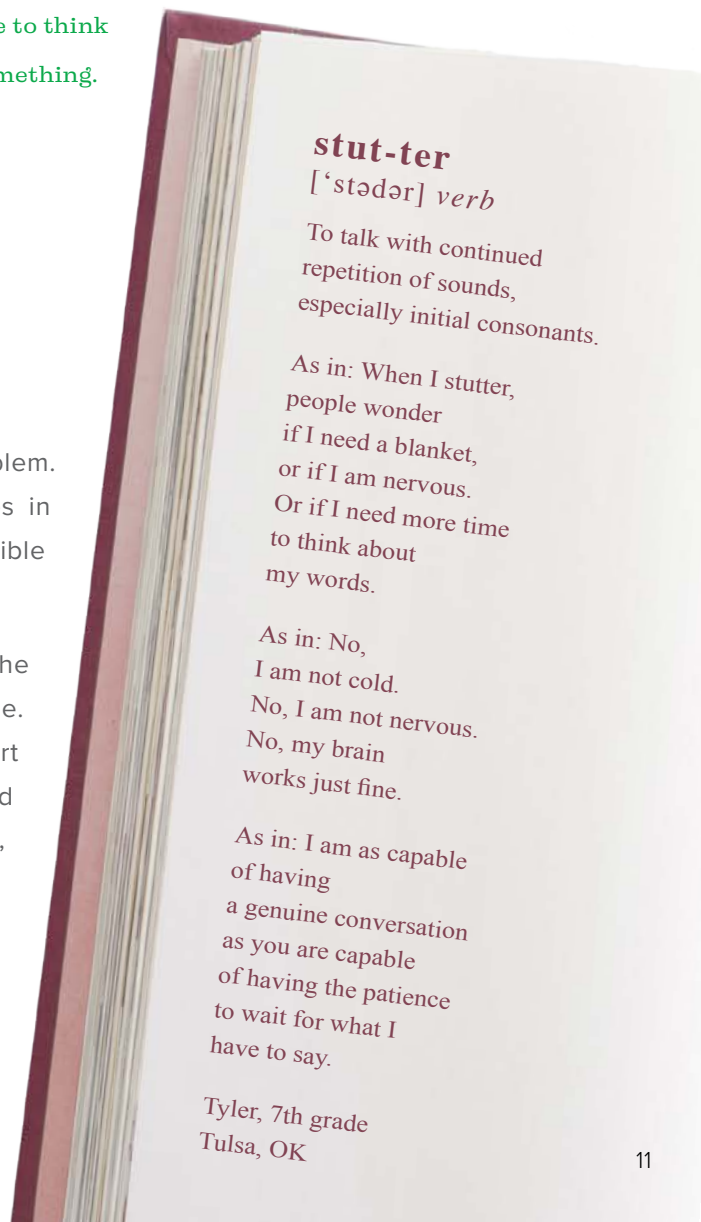
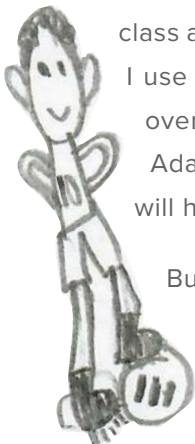
Cambria, 11, Toronto, SD

Hi, my name is Kevin. I am in 4th grade, and I have a stuttering problem. Blocks affect me the most when I'm talking. I have classmates in the speech room and they are Lucian and Adam, and my incredible speech therapist, Mrs. Yamada.

I remember a couple years back, I was speaking in front of the class and a prolongation hit me and everybody laughed at me. I use my strategies which are stop, take a breath and start over, and say the sentence slow. My classmates Lucian and Adam, and my incredible speech therapist, Mrs. Yamada, will help me.

But I like soccer and when I play it, my depression stops and I'm free to be ME!

Kevin, 4th grade, Bakersfield, CA



stut-ter

['stədər] *verb*

To talk with continued repetition of sounds, especially initial consonants.

As in: When I stutter, people wonder if I need a blanket, or if I am nervous. Or if I need more time to think about my words.

As in: No, I am not cold. No, I am not nervous. No, my brain works just fine.

As in: I am as capable of having a genuine conversation as you are capable of having the patience to wait for what I have to say.

Tyler, 7th grade
Tulsa, OK

Hi, my name is Kaleb. I am 8 years old. I have two brothers and no sisters. I am going to talk to you about speech. Now I can get going.

My bumpy speech is like something stretching my word across the room. There are quite a few tools to use. Here are some tools like easy voice box, slide out, and fake it. I like to use fake it because I can do it wherever I want.

When people ask about my speech, I answer the question and keep talking about other things.

When people talk about my speech, I normally say it is normal. It is natural to have bumpy speech for me. I don't mind my speech.

My advice is to look at the list for the tools and look them up with your speech teacher. You can get better using these tools but other than that, there is not much advice and it's not a big deal.

Bye, I have had a fun time talking about speech.

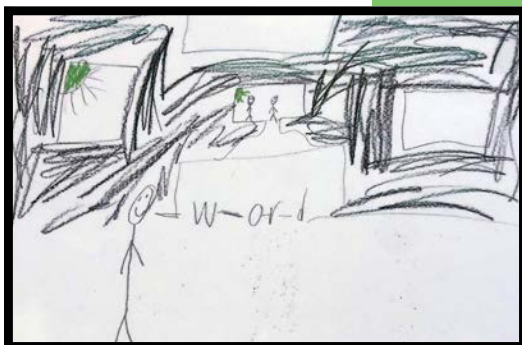
Kaleb, 8, Omaha, NE



Hello! My name is Matthew. I am 10 years old. I'm in the 4th grade and I live in San Francisco. I like to play Fortnite on my PS4.

I started stuttering in kindergarten when I talked to my friends. **When I get bumpy speech, my mouth feels like Jello.** To make my speech more smooth, I use an image of a slide. I "slide" into my first word of a sentence very slowly. This helps my speech to be smooth.

Matthew, 9, San Francisco, CA



HI, MY NAME IS KALEB. I'M IN 5TH GRADE. My favorite subject is math, because my grade is doing decimals. My favorite hobby is to play Fortnite on my Xbox1. My favorite thing to do in school is phys-ed and art.

Now I'm going to talk about stuttering. Stuttering is when your throat gets stuck. My favorite strategies to use are stretchy speech and chunking. Stretchy speech is when you make your sentence longer. Chunking is when you break up your sentence. Stuttering makes me think of how I got my stuttering.

Kaleb, 5th grade, Augusta, WI

hey! My name is Kaylee. I am 8
Years old and live in Cashmere Washton.
I am in 2nd grade and go to Vale
Elementary school. I have 2 Brothers
and one sister and a turtle. I
Study talking and go to Speech class
on Mondays. My Favorite Strategy in
Speech class is using "turtle speech",

Some People sometimes say
"Why do you speak like that?"
but I don't care if I am
the only in my class that
goes to speech. I like
who I am!

Kaylee, 8, From Cashmere, Wa

me -

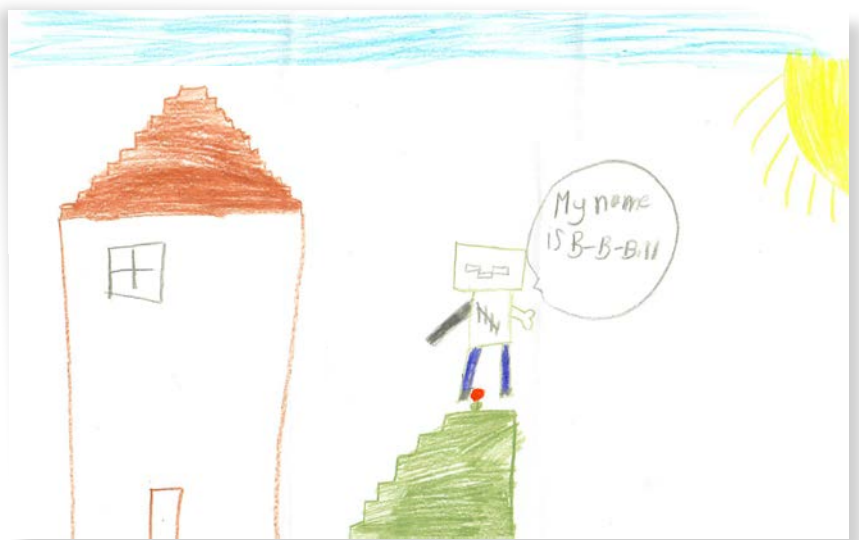


friend
I don't
care if
you talk
like that



Hi. My name is Cyncere and I have been stuttering for about 8 years. I am 9 years old now. I feel sad when I stutter. I use stretchy speech. Kids who stutter are not weird. And whoever laughs at you, just ignore them or just tell.

Cyncere, 9, Danielson, CT



My name is Tyler. I am 9 ½ years old.

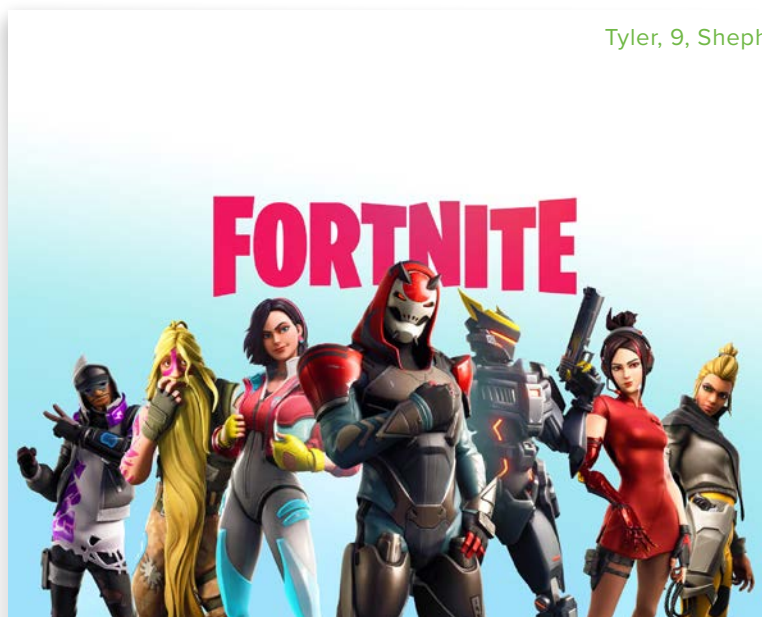
I am in the 3rd grade at Shepherd Elementary School. Did you know more than 70 million people stutter? There are no instant miracle cures for stuttering. I like to draw, sing, and play Minecraft and Fortnite. I like to use the slide strategy. It doesn't matter if you stutter. You are just born that way.

Tyler, 9, Shepherd, MI

My name is Ryan. I am from Little Elm, Texas. I am 10 years old and I have been stuttering since I was 5 years old. My favorite sport is basketball and my dream is to play in the NBA.

So, the strategy I like to use to help my stuttering is full breath. My advice to other people who stutter is ignore the people that make fun of you and **just slow down when you get stuck and never give up.**

Ryan, 10, Little Elm, TX



HI, MY NAME IS KEEGAN. I AM 11 YEARS OLD. I LIKE TO PLAY FORTNITE AND MINECRAFT. I LIKE TO RIDE BIKES AND SOMETIMES DIRT BIKES.

I STARTED STUTTERING WHEN I TURNED 6 YEARS OLD. **I AM THE ONLY ONE IN MY FAMILY WHO STUTTERS.** EVERYONE IN MY FAMILY PSEUDO-STUTTERS TO MAKE ME FEEL BETTER. PSEUDO-STUTTERING IS WHEN YOU PRETEND TO STUTTER IN A GOOD WAY.

KEEGAN, 11, LITTLE ELM, TX

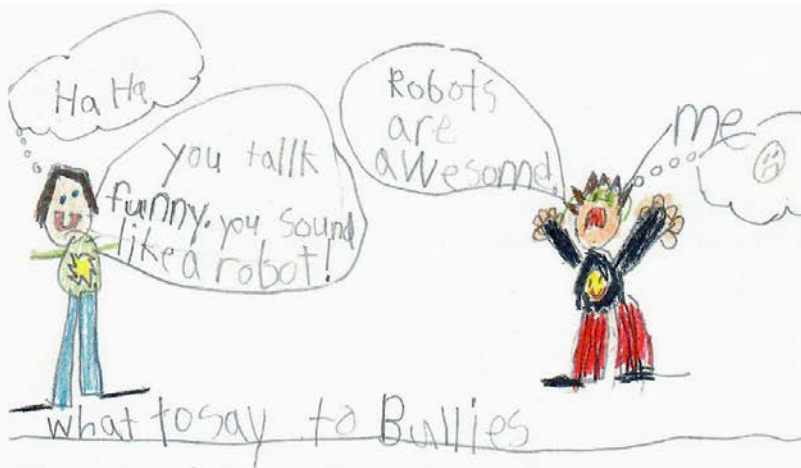
Hi, my name is Doussou, but call me DD. I am 10 years old and in fourth grade. **I like hanging out with my best friends and learning with my teachers. I also like coming to speech and having homework.** I come to speech because I stutter. I started stuttering around 2 years old. My speech teacher, Mrs. Katz, helps me speak smoothly. The strategies I use for speech are: smooth speech, slow rate, full breath, pausing, and easy onset. My advice to you other kids is don't let other people make fun of you because you stutter, and also, stand up for yourself. Have a great day!

DD/Doussou, 10, Burtonsville, MD

Hi, my name is Kingston. I started to stutter when I was 2. Now I am 8. I have 1 brother and 1 sister. They don't stutter, but I do. My favorite subject at school is math. After school I like to play video games.

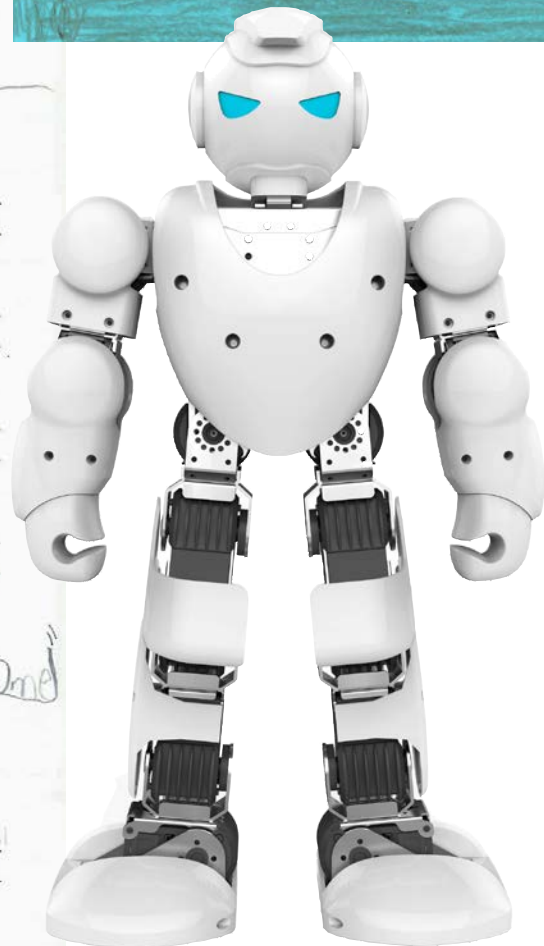
Sometimes when I talk I think that I will stutter. I don't like stuttering. I can use my strategies to help me with my stutter. When I stutter I either slow down or start my sentence over again. Maybe one day it will go away.

Kingston, 8, Glendale, AZ



Hi! My name is Connor, I'm in second grade. Sometimes I stutter and kids pick on me. They say I talk like a robot. I say, "Robots are awesome"

I also say "quit being mean!"
Connor N.Y.



Hakeem and Hayden were playing with our family.

Hakeem: "I think the act is a you-you-you."

Hayden: "A yoyo."

Hakeem: "No, a you-you-you."

Hayden: "A yohou."

Hakeem: "No, a YouTuber."

Hayden: "You should have said that before you said you-you-you."

Hakeem: *Left game night.*

When I stutter I want more time to speak. I need you to wait for me. What I would tell a classmate: I stutter and I go to speech for it.

Hakeem, Drexel Hill, PA



Hi, my name is Edward and I stutter. I started stuttering when I was in 2nd grade, only 7 years old. My dad also stutters. That's where I got my stuttering from. If you are reading this, thanks for understanding. It's not my fault that I stutter. God gave it to me. Stuttering in front of my friends is embarrassing to me. Some of them make fun of me, some say I rock. I live in Omaha, Nebraska. My speech teacher helps me with my stuttering. She is the best speech teacher a kid could have. The strategy that I use is easy start and pull out. I still stutter to this day. I'm 11 now.

Edward, 11, Omaha, NE

My name is Christopher and I am 9 years old. I am in the third grade. I like to play soccer, video games, and looking for 4 leaf clovers. **My speech is going good because I practice.** My favorite stuttering trick is pull outs and stuttering on purpose.

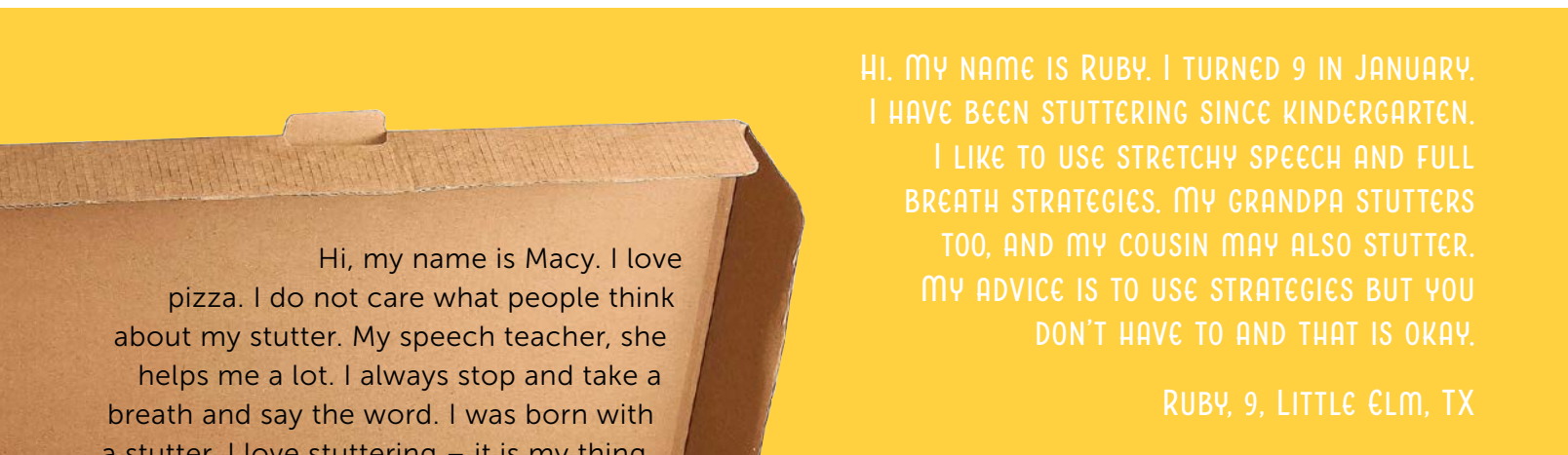
Christopher, 9, Keller, TX



WALKING MY DOG

Sometimes I stutter, but I use my strategies! I like to walk my dog named Poizin. Sometimes I have a bump when I talk to him. When I have a bump, I stop and use my turtle speech. I feel sad when I stutter because other people don't stutter. I like speech because speech is fun and I learn breathy speech!

Mar'Quonz, 8, Luling, LA

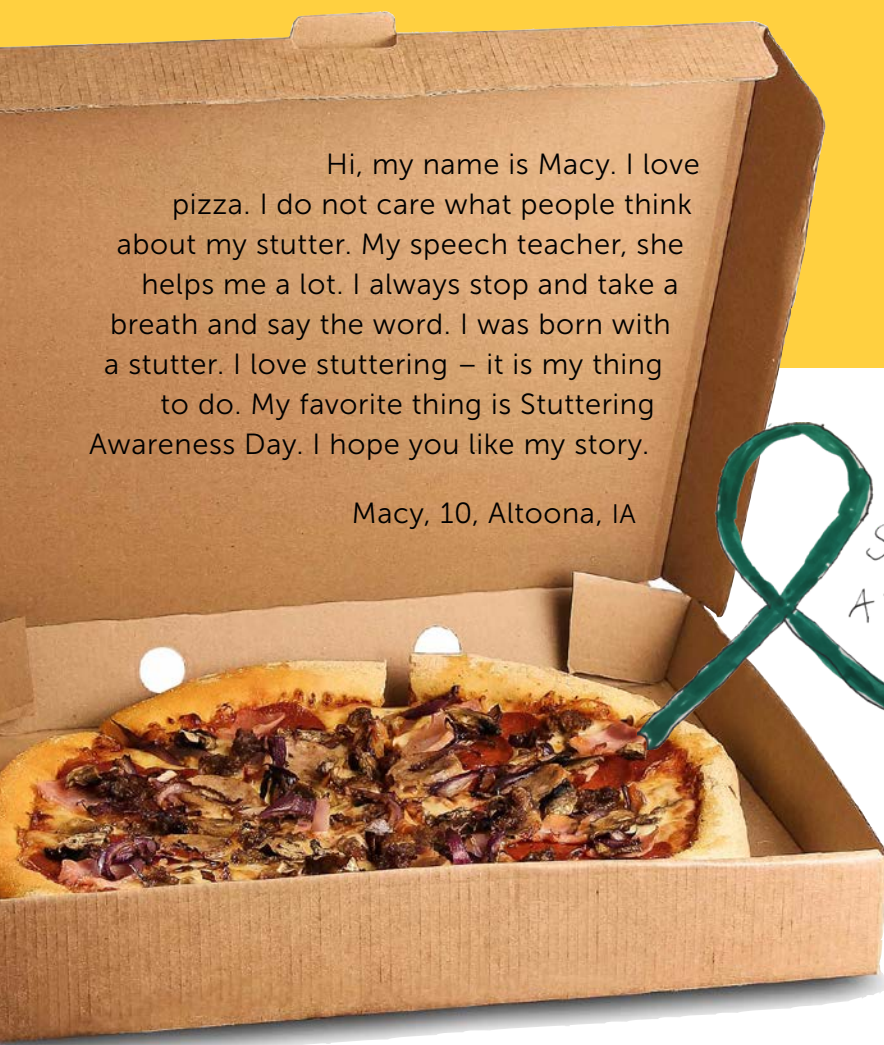


HI. MY NAME IS RUBY. I TURNED 9 IN JANUARY. I HAVE BEEN STUTTERING SINCE KINDERGARTEN. I LIKE TO USE STRETCHY SPEECH AND FULL BREATH STRATEGIES. MY GRANDPA STUTTERS TOO, AND MY COUSIN MAY ALSO STUTTER. MY ADVICE IS TO USE STRATEGIES BUT YOU DON'T HAVE TO AND THAT IS OKAY.

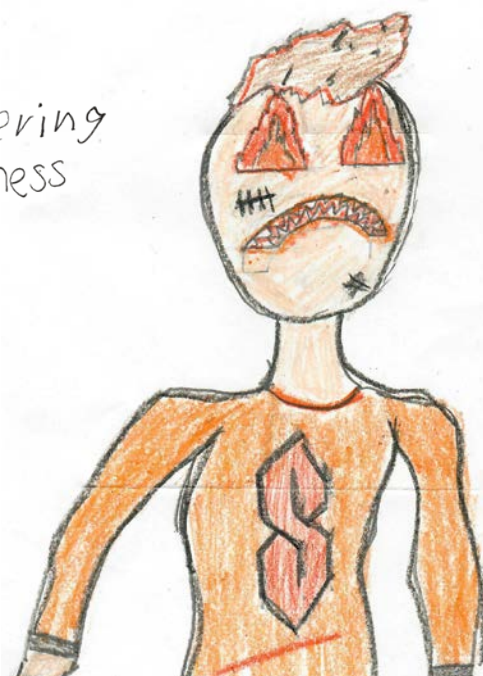
RUBY, 9, LITTLE ELM, TX

Hi, my name is Macy. I love pizza. I do not care what people think about my stutter. My speech teacher, she helps me a lot. I always stop and take a breath and say the word. I was born with a stutter. I love stuttering – it is my thing to do. My favorite thing is Stuttering Awareness Day. I hope you like my story.

Macy, 10, Altoona, IA



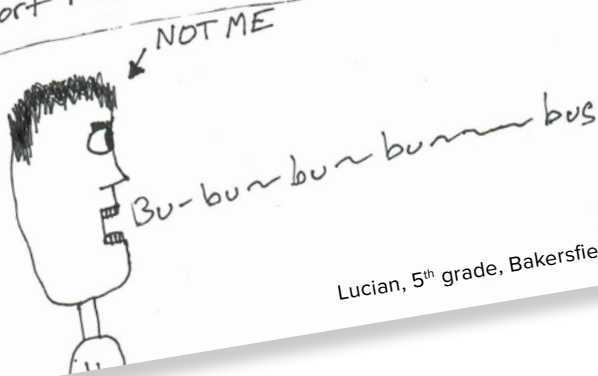
Stuttering Awareness day



by Colton, Augusta, WI

Dear The Stuttering Foundation,

Hi, My name is Lucian (Lou-shen). I am in 5th grade. When I was in 1st grade some of my classmates laughed at me for stuttering and I have been afraid to stutter ever since. Prolongations are the type of stutter that affect me the most. To help me with this, I use a block strategy even though it is a type of stutter. I have my very good classmates, Kevin and Adam, and my fantastic speech therapist, Mrs. Yamada to support me.



Lucian, 5th grade, Bakersfield, CA

ALL ATTENTION ISN'T NEGATIVE

Hi, my name is Oscar Brown. I am 9 years old and I go to speech, because I stutter. At school I am not bullied. People actually care about my stutter. They ask questions and try to help. Some people actually think it's cool! They'll ask, "Why do you do that?" or "what is that?" I like to talk about it and explain that it makes me feel unique. I use easy onset in speech as my strategy, but I am looking forward to trying different kinds. My advice for people who stutter would be to not worry about what other people think. Remember, different is good.

Oscar, 9, Asheville, NC

THE STUTTERING SUPERHERO KIDS

In the first installment of his *Stuttering Superhero Kids* series (inspired by Kim Block's *The Adventures of a Stuttering Superhero*), Matthew's characters learn that "stuttering is okay" and nothing to be embarrassed about.

Matthew, 9, from Vancouver, Canada



My name is Michael and I am 9 years old. I live in New York, NY. I am in 4th grade and I love my speech teacher. Her name is Ms. Kaynan. My 4th grade teacher is Ms. Calascibetta, long name, right?!

I did a stuttering PowerPoint slide show for my class. I do men's gymnastics and my favorite apparatus is the rings. Some strategies that work for me are pull-out, loose contact, and cancellation. I don't feel bad about my stuttering, I am a very confident speaker!

Michael, 9, from New York, NY



RELAXING WITH ART



Hi my name is Christopher. I am 10 years old and in fourth grade. I have been stuttering since I was 7 or 8 years old. It normally works best for me when I stretch my words out or when I stop and then start again. I stutter the most when I get excited or when I'm talking to a lot of people. I love art and every year my art gets put into the art show for our schools. Making art

helps me relax. When I am relaxed, I stutter less.

Christopher, 10, Fairport, NY



MY NAME IS RYDER. I WAS BORN WITH STUTTERING. I STARTED SPEECH CLASS IN KINDERGARTEN. NOW I AM IN THE THIRD GRADE. WHEN I WAS IN SECOND GRADE, I GAVE A STUTTERING PRESENTATION WITH MY SPEECH PATHOLOGIST FOR MY WHOLE CLASS. WE TOLD THEM FACTS ABOUT STUTTERING AND SOME FAMOUS PEOPLE WHO STUTTER, LIKE STEVE HARVEY. THEN WE PLAYED A QUIZ GAME THAT WAS LIKE JEOPARDY. WE WERE IN TWO GROUPS - THE WINDOWS AND THE DOORS. THE QUESTIONS WERE THINGS LIKE "DO MORE BOYS STUTTER THAN GIRLS?" MY SIDE WON.

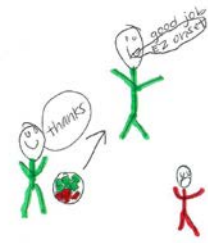
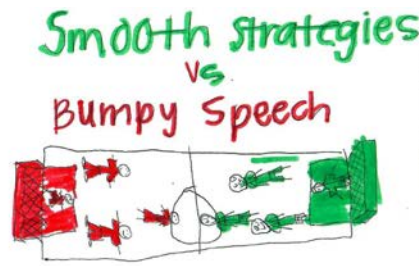
I WENT TO A STUTTERING CAMP IN THE SUMMER OF 2017 AT A COLLEGE ABOUT AN HOUR AWAY. THERE WERE TWO OTHER BOYS, AND ONE GIRL THERE. WE'D SPLIT UP AND DO DIFFERENT ACTIVITIES. WE LEARNED SOME OF THE STRATEGIES I PRACTICED AT SCHOOL IN THERAPY. I LIKED IT AND MY MOM, DAD, AND I STAYED IN A HOTEL DURING CAMP.

THE STRATEGIES I'VE LEARNED ARE EASY ONSET, FORWARD FLOWING SPEECH, AND STRETCHY SPEECH. EASY ONSET IS WHERE YOU START YOUR FIRST WORD OF YOUR THOUGHT WITH A VERY RELAXED, SLOW VOICE. IT REDUCES TENSION.

I LIVE CLOSE TO MY SCHOOL WITH MY MOM AND DAD. I DON'T HAVE ANY BROTHERS OR SISTERS. WE HAVE A CHIWEENIE NAMED CARAMEL AND A LIZARD. I LOVE TO PLAY MINECRAFT AND THE DRUMS!

I DON'T WORRY ABOUT MY STUTTERING. WHEN I WHISPER, IT HELPS MY STUTTERING A LOT! IN MUSIC CLASS, I NEVER STUTTER WHEN I SING. WHEN I TALK TO MY DOG OR MY PARENTS, I DON'T STUTTER AS MUCH. SO DON'T LET STUTTERING BOTHER YOU!

RYDER, 3RD GRADE, TIFFIN, OH



And the winner is... Smooth strategies!



Datiel

Hi! My name is Datiel and I am eight years old. I live in Texas and I love soccer! My picture is about a soccer game. It's the Smooth Strategies against the Bumpy Speech. The Smooth Strategies always have good passes because they have the strategies on their team: EZ Onset, S. Low, B. Reath, and C. Ancellation. The Bumpy Speech team has B. Lock, R. Epetition, P. Rolongation, F. Iller. The Smooth Strategies win because they have and use all the strategies to beat the Bumpy Speech team.

Don't be afraid to show the real you! **And never let bumpy speech stop you from playing the game, just use your strategies!**

Datiel, 8, Fort Worth, TX



I have been stuttering since sixth grade but I didn't notice I had a stutter until I was 14. **I know it's not my fault but it really annoys me.** My favorite actor is James Earl Jones, the voice of Darth Vader, and he was also a stutterer. But he still did a good job in the original trilogy. If it wasn't for him with his deep, distinctive voice, we would not have the right voice for the Sith Lord, Darth Vader.

Nicholas, 15, Chelmsford, MA



A Boy Who Stutters

My name is Oliver. I am a 7 year old boy that stutters. I like soccer but people teased me. I got annoyed. Then I went to the speech therapist. I gave my teacher a letter about stuttering. As the weeks went on, I gave a top 5 list about stuttering to my Grandpa and Grandma. And now I am trying to tell my coach that I stutter. If he hears anyone teasing me, he will pull them over and talk to them. Please don't tease people. It makes people upset.

Oliver, 7, Silver Spring, MD



Stuttering in Three Languages

I speak 3 languages and I stutter in all of them. The languages I speak are Ukrainian, Russian, and English. The language I stutter the most in is English, and the least in is Ukrainian.

Stuttering is one part of me. What I like to do is go camping, play World of Tanks and PUBG. Also, I like NERF gun battle and Laser X. I like to collect STAR WARS Legos. When I finish building the spaceships or the thing that I got, then I start playing with them.

When I find a book with tongue twisters, I start reading it. I have been in the USA about 3 or 4 years.

Denys, 9, Coon Rapids, MN



Hello, my name is Mateo. I am 9 years old and I live in Arizona. I like to do presentations about my speech and play video games. **The first time someone made fun of me in pre-school, I felt sad.** I got a friend that stutters. What helps me is taking one breath.

Mateo, 9, Phoenix, AZ



IT FEELS LIKE A WALL OF WORDS PILING UP AND GETTING STUCK IN THERE

Hello, my name is Felicity. I am 8 years old and my stutter comes from my throat. It feels like a wall of words piling up and getting stuck in there. When my words come through, some get out right away, but, some take longer to get through the wall. "Super" Miss Kalagher saves the day by helping me control my stutter in speech. We practice strategies to make it easier to get through the word wall in my throat. My stutter makes me feel different, but, I know if I keep practicing I will demolish the word wall when I talk, just like when I sing. Felicity, signing off!

Felicity, 8, from Grafton, MA

I am at spech I sometimes
stutter when I talk. I like
when I dont stutter. I like
when I Learn something. I like
to Learn how to control my
stuttering really really
good.

Ian, 8



Ian, 8, Red Wing, MN

HI! MY NAME IS NOAH. I AM 7. I STARTED STUTTERING
WHEN I WAS 4. I LOVE VANILLA ICE CREAM. I LIKE TO
PLAY GAMES. I LIKE TO DRINK STARBUCKS. I HAVE
MORE THAN 80 FAMILY MEMBERS. **ALWAYS LOOK
BACK TO MAKE SURE YOU SAY IT RIGHT. YOU
CAN SAY IT AGAIN WITH SMOOTH SPEECH.**
MOST EVERYBODY STUTTERS IN THE WHOLE WORLD.

NOAH, 7, SIMPSONVILLE, SC



FIGHT YOUR DARK SIDE

I'm Grant, and I'm from
Indiana. When I stutter,
I feel like I'm on the
dark side. But when I
fold origami, I feel
more calm and
come to the
light side.
Fight your dark
side!

Grant, 10,
Haubstadt, IN





"4 Different Communication Interactions"
by Talia, 7, New York, NY

JUST BE YOURSELF

My name is Skyy. I am in 5th grade and am 11 years old. I am the only child in my family. I like to draw, sing, and dance. My two favorite things of all are pugs and unicorns. My favorite food is chocolate. I use 'stopping' and 'thinking,' 'cancellation' and 'deep breathing' to help me with my stutter. My advice for other kids who stutter is... **just be yourself, keep trying and never give up!**

Skyy, 11, Pullman, WA

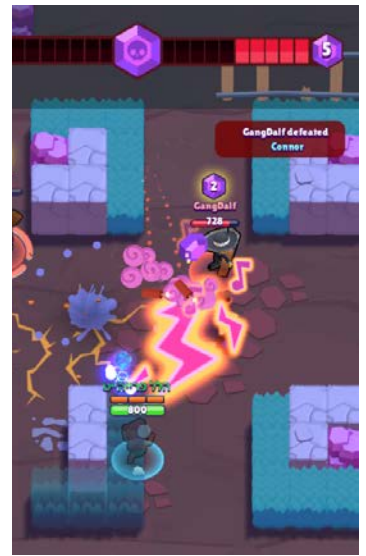




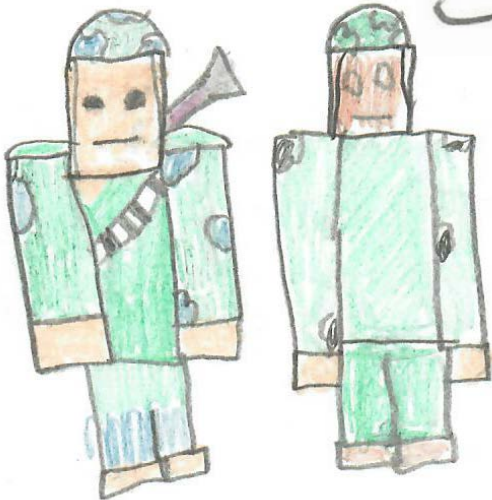
MY FAMILY IS FROM GUYANA. I LIVE IN MINNESOTA. I STARTED STUTTERING WHEN I LEARNED TO TALK. I USED TO TALK, LIKE, H-H-HI. I LIKE STUTTERING BECAUSE IT'S UNIQUE, NOT EVERYBODY STUTTERS. MY SPEECH TEACHER AND I USE EASY ONSETS.

I LIKE A GAME CALLED BRAWL STARS, AND I LIKE TO DRAW. I'VE NEVER BEEN BULLIED, BUT IF I DO GET BULLIED, **I WILL JUST WALK AWAY.**

ARJUN, 10, COON RAPIDS, MN



STUTTERING IS OK



Hello, I'm Gavin. I stutter. I play Fortnite Battle Royale. I like to use stretchy speech and light contact. I have been stuttering since I was 3 years old. **Even if you get made fun of, it's okay to be different.** Like some actors, the people who play Darth Vader and Mary Poppins are stutters. It's ok to stutter so don't be scared to stutter.

Gavin, 9, Danielson, CT



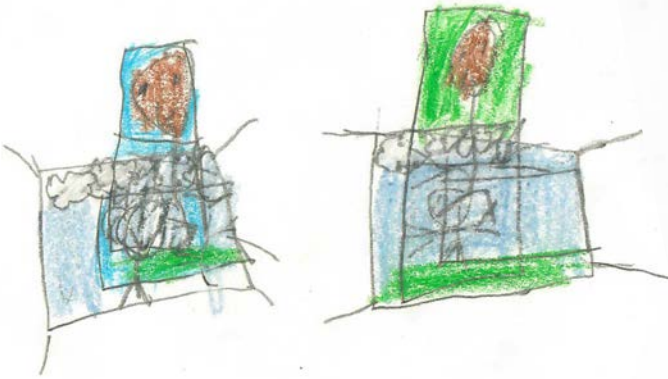
I am Tracen and I am six years old and I am in first grade. I like video games and I like NBA basketball. **I am fine with stuttering.** I like to do pull outs because that works for my sounds.

Tracen, 6, Keller, TX



this is meta:hting

We're the same.



Hi, my name is Joshua. I am 8 years old. I am in 2nd grade. I like to draw and paint pictures. I like to play cops and robbers, games, and sports. It feels bumpy in my throat when I stutter. I don't feel like stuttering matters to me. I'm no different than anybody else.

Joshua, 8, Drexel Hill, PA

HI! MY NAME IS BRANDY AND I LIVE IN OHIO. I AM 17 YEARS OLD AND I AM A STUTTERER. I HAVE BEEN IN SPEECH THERAPY FOR TWO YEARS WITH MRS. OAKLEY LEARNING DIFFERENT STRATEGIES TO HELP ME STUTTER LESS. I HAVE FRIENDS AT SCHOOL WHO DON'T PAY ATTENTION TO MY STUTTERING, BUT SOMETIMES, LIKE LAST WEEK, **A BOY IN MY GRADE MADE FUN OF ME BY IMITATING MY STUTTER AT LUNCH TIME AND IT REALLY HURT MY FEELINGS.**

NEXT YEAR I WILL BE A SENIOR AND I MIGHT BE GOING TO THE VOCATIONAL SCHOOL. MY BEST FRIEND IS GOING THERE NEXT YEAR TOO. IF I GO, I KNOW THAT IT'S GOING TO BE SCARY NOT KNOWING VERY MANY PEOPLE, BUT ONE GOOD THING IS THAT

THEIR FOOD IS GOOD!

BRANDY, 17, BEAVER, OH



Hi, my name is Jaiden. I am 10 years old and I LOVE basketball. When I try and talk fast, it's like losing the basketball, and, when I talk slow, I keep control. One of the strategies I use is full breath. My favorite NBA player is LeBron James. LBJ inspires me by not giving up and that inspires me to not give up when I stutter.

Jaiden, 10, Lebanon, PA

Some Stuttering Advice You Should Take

My name is Ka'Marion. I'm in the 3rd grade.
I stutter, I like Fortnite and Roblox.

When I'm about to have a stutter, I use strategies. I use deep breathing and light contacts. I use another strategy where I think before I speak. I also use a strategy where I say it 3 times in my head before I say it out loud. I'm up front with people about my stuttering so that we are both more comfortable. For example, I may ask them to please give me time to get my words out. This strategy is called advertising. My mother also gave me a strategy to use while I'm giving a presentation. She told me to rub my hands together while I talk.

It makes me happy when others wait while I get my words out. What I have to say is important. It makes me unhappy when people interrupt me when I'm trying to tell something. They try to change the subject.

So, don't be ashamed because you aren't in control of your speech. Just ignore what other people say about your stuttering. Sometimes, I feel nervous and hot when I stutter. My Grand Momma stutters and she told me that her mother and her grandmother stuttered also. I'm thankful because it is a gift from God and He knew I could handle it.

Ka'Marion, 9
Madisonville, KY



Quinn, 9, Livonia, NY

Hi, my name is Landon. I'm 10 years old and I stutter...a lot.

I do not mind my stutter that much. I've been in speech therapy for about 2 years now. In my opinion, stuttering is not bad. I love to do art which keeps me from thinking about my stutter. That's really all I have to say. Don't let stuttering affect you.

Good bye and thank you!

Landon, 10
Olathe, KS



Sometimes I stutter
but I use my breathy speech. I
like to go fishing. When I have
a block, I push it out and use
my breathy speech. I feel
frustrated when I stutter
because I don't want to stutter.
I like speech because I don't
want any bumps.

Ja'Vion, 9, Luling, LA



Dear Ja'Vion,

Thank you so much for writing to us. You are not alone – over 3 million people in the U.S. stutter. Many of them are kids just like you!

You wrote a terrific letter with good information about yourself to share with others! I think other kids all over the world will be inspired by your words. Some people have never heard another person stutter so they can think they are all alone. But you've cleared that up!

Talking is the most complex thing people do! No one is 100% fluent – it isn't even possible. And most people use some speech helpers, whether they know it or not. If you listen, you will notice others pausing and using word markers like 'umm.'

We all have things we are naturally good at doing and other things that come harder for us than for others. It's wonderful that you enjoy fishing. Thank you for writing and sharing encouragement. Keep up the good work!

We are sending you your own copy of our book, *The Teacher Who Made a Difference*, and, you can watch our video, *Stuttering: For Kids, By Kids*, on our website – www.StutteringHelp.org. A brochure of famous people who stutter, and a copy of our last Magazine are also included. You can share this with your friends so they will know you are in special company.

Ja'Vion, remember, stuttering is just something you sometimes do, not who you are. We think you are extra special! Thanks again for writing.

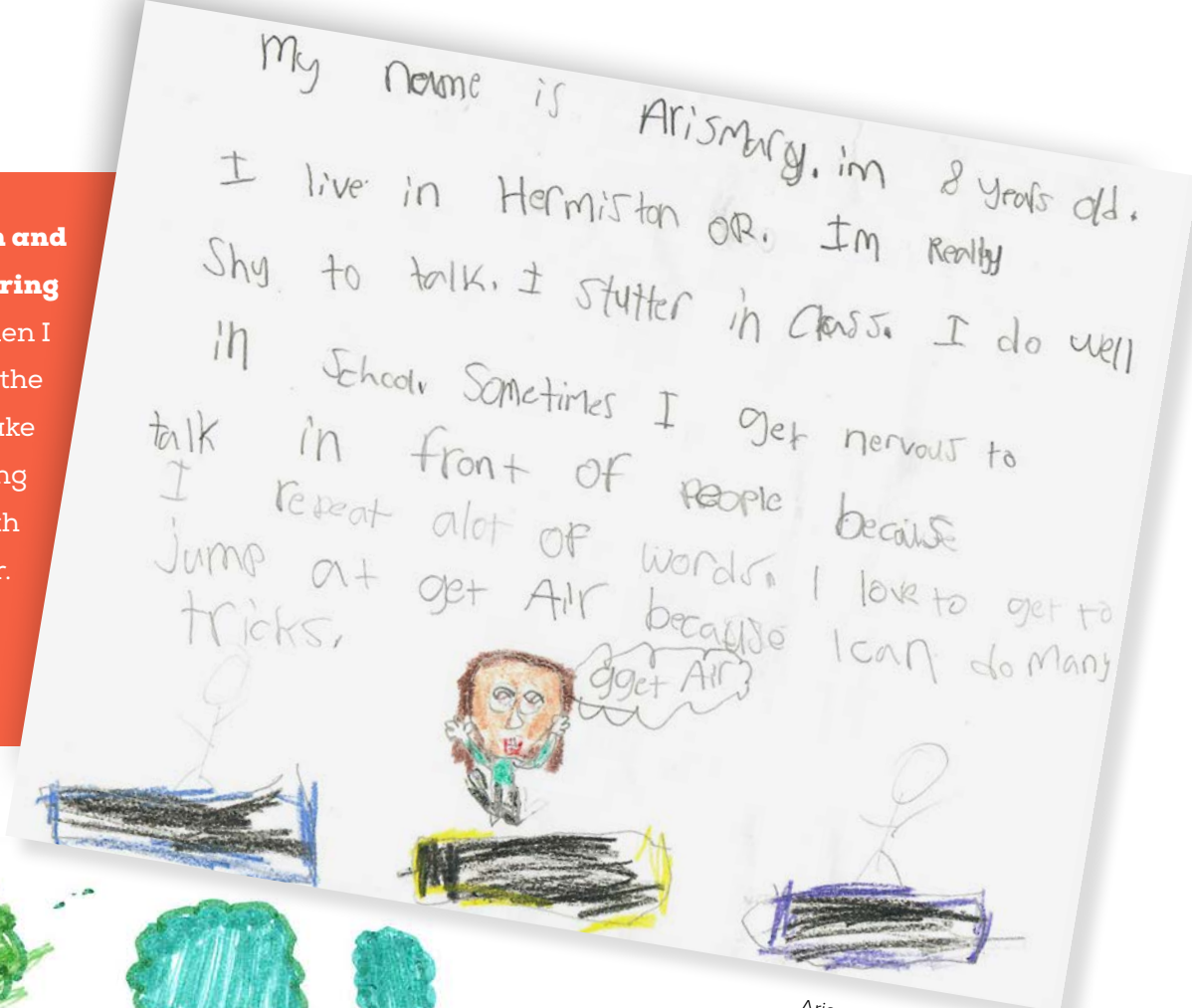


Sincerely,

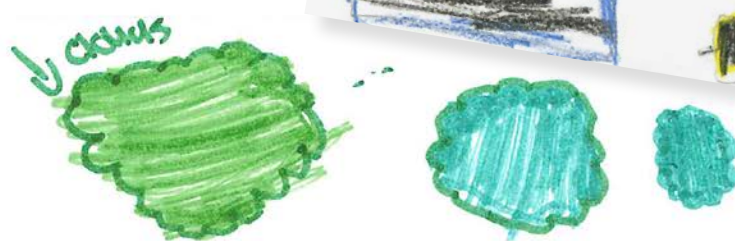
Your Friends at the Stuttering Foundation

Hi, my name is Aiden and this is how stuttering affects me. When I stutter, I do repetition the most. The way I make this better is by stopping and taking a breath and starting over.

Aiden, 6
Bakersfield, CA



Arismary, 8, Hermiston, OR



My name is Steven and I live in Nebraska. I enjoy playing my PS4 and I like hanging with my baby cousin. I like that I can ride my bike a lot and play basketball with my cousin. I also really like to play soccer.

When I stutter, it feels like I'm nervous. It sometimes gets in the way of what I want to say. When I hang out with my friends, I don't really like to talk. If I could tell my stutter one thing, I would ask it to please "go away". I feel like a full breath, stretchy speech, and pausing helps me when I stutter.



Steven, 10, Scottsbluff, NE

STUTTERING CAN BE GOOD, LIKE HOW I MET SOME GREAT FRIENDS OF MINE. ALSO, I DISLIKE WAITING A LONG TIME BETWEEN CLASSES BUT I STUTTER AND CAN HAVE FUN WITH FRIENDS AT SPEECH INSTEAD.

I LIKE STUTTERING BECAUSE IT'S USEFUL. I HATE WAITING AT W.I.N. AND SPEECH IS SO FUN LESS W.I.N. THANKS TO ME BEING UNIQUE I CAN SPEND TIME LEARNING AND HAVING FUN.

SO STUTTERING IS GOOD, FUN, AND IT MAKES ME UNIQUE. **SO BE YOU, DON'T PRETEND TO BE DIFFERENT, JUST BE YOU.**

CAYDEN, 11, COON RAPIDS, MN

The Stuttering Foundation wants to hear from YOU!



We publish hundreds of letters and artwork from kids just like you in our Stuttering Foundation Magazine and Kids' Letters Special Edition Magazine. Read our FAQ below to find out how you can get published in our next issue!

1. What should I write?

You can give us your best advice about stuttering, or tell us a story! Maybe you can share something great that happened to you in speech therapy, or talk about something that discouraged you recently. Whatever you decide to share, one thing is for sure: it helps kids who stutter to know that other kids feel the same way that they do!

2. Do I need special permission to send in my letter?

Yes! Please make sure to fill out the permission form on the next page and include it with your letter. *You can also download and print the form on our website at StutteringHelp.org/Permission.*

3. What if I want to send in artwork to accompany my letter?

Your artwork is some of our favorite mail to receive! Do your best work and mail your original, full-color masterpiece along with your letter to **The Stuttering Foundation, P.O. Box 11749, Memphis, TN 38111-0749**. *Please note, we cannot accept grayscale and light pencil drawings, faxes, and/or photocopies of artwork.*

4. What if I want to send in a photograph to accompany my letter?

We'd love to print your photo! Please either mail an original printed photo OR email a high resolution .jpg file to **info@stutteringhelp.org**. *Please note, we cannot accept photocopies or faxes of photographs. Photocopies and faxes of stock photos you might like to include (of your favorite basketball player or an ice cream cone, for example) are just fine...we can replace that for you!*

5. What if I have a question that isn't listed here?

No problem! Feel free to contact us directly at **info@stutteringhelp.org**.



THE STUTTERING FOUNDATION®

P.O. Box 11749, Memphis, TN 38111-0749 . 901-761-0343 . info@StutteringHelp.org

We try to answer each child with a personal letter of thanks and acknowledgement, and follow up with copies of the Magazine in which their submission appears. Please take a moment to read our guidelines and fill out the form below, ensuring your submission will be approved for print. *Additional forms can be downloaded at StutteringHelp.org/Permission.*

Only the child's first name, age, city, and state (and/or country) will appear in print. Please include your original, full-color artwork and/or photographs with this form (if applicable). Please note, we cannot accept grayscale and light pencil drawings, faxes, and/or photocopies of artwork and/or photographs. Original photographs may be submitted by mail; high resolution digital photo files may be emailed to info@stutteringhelp.org.

_____	_____	_____
Child's First Name	Last Name	Age
_____	_____	_____
City	State	Country

I give permission for my child's (listed above) letter, artwork, and/or photograph to be published in the Stuttering Foundation Magazine and/or on the website www.StutteringHelp.org.

_____	_____	_____
PRINT name of Parent/Guardian	SIGNATURE of Parent/Guardian	Date

Parent/Guardian email address

Child's full street address, city, state, zip code

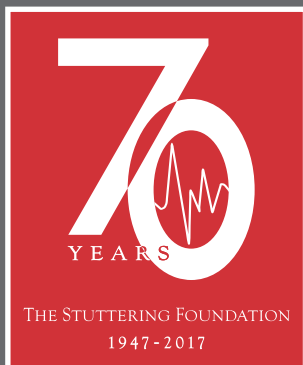
_____	_____
PRINT name of SLP	SLP school or practice name

SLP's full street address, city, state, zip code

SLP email address

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KIDS LETTERS
2nd EDITION
Summer 2019



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**“Remember to thank your speech teacher for
all they do for you as a speech student!!!”**

- Abdullah, 10, from Garland, TX