

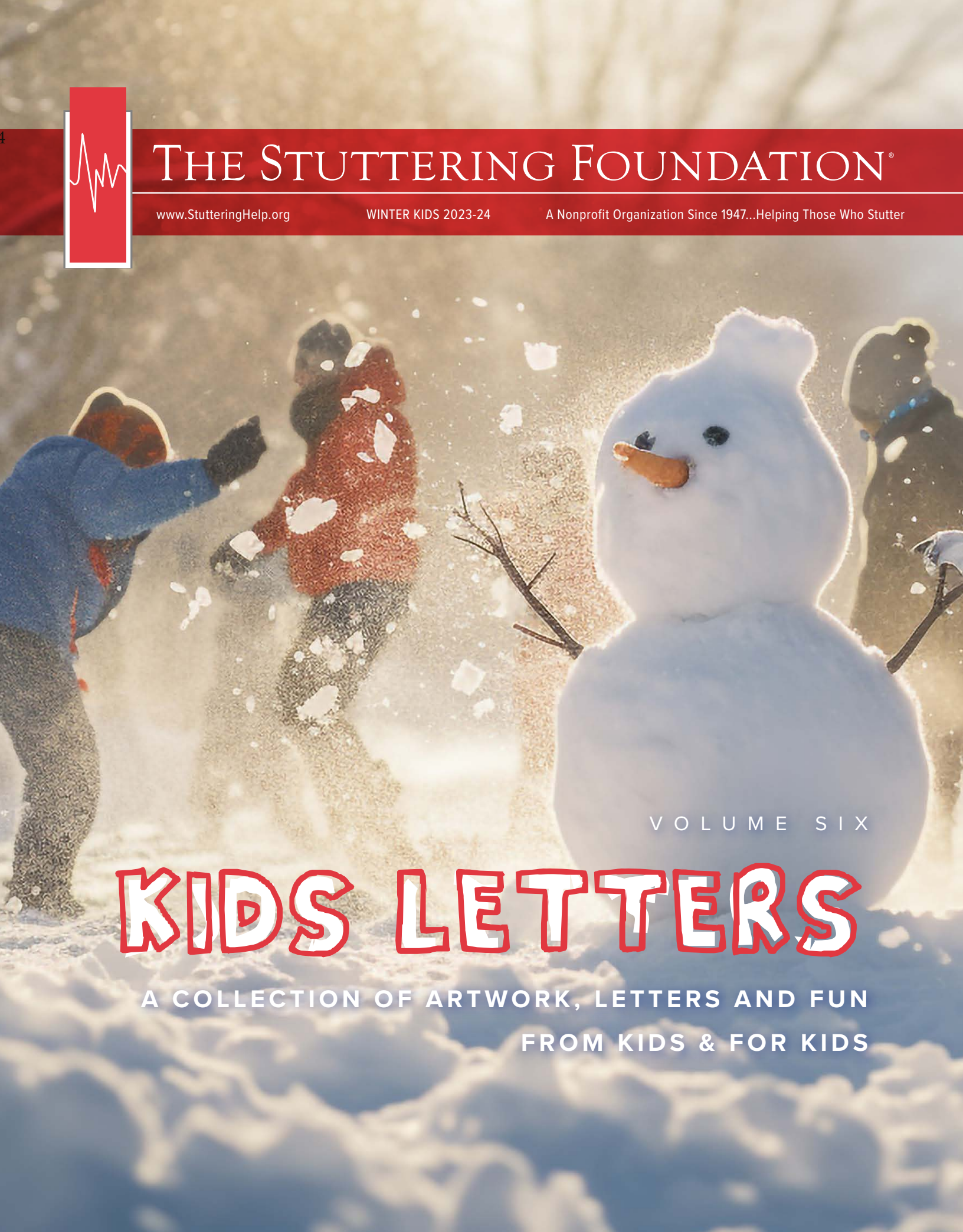


THE STUTTERING FOUNDATION®

www.StutteringHelp.org

WINTER KIDS 2023-24

A Nonprofit Organization Since 1947...Helping Those Who Stutter



VOLUME SIX

KIDS LETTERS

A COLLECTION OF ARTWORK, LETTERS AND FUN
FROM KIDS & FOR KIDS

DEAR 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.

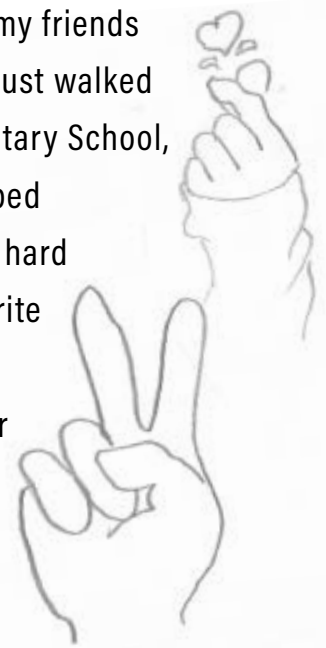
Anne Edwards, a librarian hired to help with the letters, was the first one at the Foundation to draft a response to kids, and it was her colleague, Joan Warner's idea to have everyone from the office sign the letter. Those letters made an impact; and as time went by, the Foundation continued to hear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

Today, the Foundation purposes to feature kids' letters in every newsletter and respond to each child who writes with a note of advice, encouragement, and heartfelt thanks from the SFA team.

P.S. Check out our
website, just for kids!
www.stutteringhelp.org/kids



Hi, my name is Sofia, and I am 9 years old. I have a stutter. When I was 3 years old, I started to stutter. When I went to pre-K I took speech and it helped me a lot but when I went to summer camp all of my friends were making fun of my stutter but I just walked away from it. When I went to Elementary School, I got a new speech teacher. She helped me a lot, we worked on easy stutter, hard stutter, and smooth speech. My favorite speech strategy is easy onset. When I speak a different language, I stutter a little bit. When I started 3rd grade my stutter got better, I think.



Sofia, 9, Runnemede, NJ



Ryker, 9, Baltimore, MD

Hi my name is Ryker
I am 9 years old.
I am from Maryland
I have cluttering
and I'm learning
how to pace or slow
down. I like to play
soccer and build things

Hi, my name is Scout, and I am from Flowery Branch, Georgia. I am 8 years old, almost 9, and I'm in 3rd grade. I like to play Madden, Fortnite, and Minecraft. I like to play football with my friends. My team sometimes wins and sometimes loses. My favorite NFL team is the Kansas City Chiefs. My favorite holidays are Christmas and Halloween. I started stuttering in kindergarten. My dad always tells me to think about what you say before you say it. I think it helps a little. It is okay to stutter. Practice and your strategies will help.



Scout, 9, Flowery Branch, GA



**I am Jason
and I am 11
years old . I live
in Beaumont , California . My
interests are football , hiking ,
and gaming . Stuttering is
horrible for me because every
time I try to talk , it randomly
comes . I use my strategies , but
they don't help often . I try to
use easy onset , stopping and
slowing , but they only work
sometimes . My advice to others
would be to stop when a stutter
happens and try to slowly say
again what you were saying .**

Jason , 11 , Beaumont , CA

Hi my name is Abraham and I am 8 years old. I'm in the third grade. I like anime, reading, math and I like to go to new places. It's okay to stutter when you talk and it's okay to be nervous. Don't be embarrassed when you stutter. You're not the only one that's stuttering. That's why stuttering is okay.

Abraham, 8
Westlake, OH



My name is Johnathon. I am nine years old. My school is PS90. I love my school. I love the people in my school and every teacher in the school to help me with math, writing, reading and speech. I like to play at the park. I like to go to my friends' houses. I like to share my game with my little brother. My little brother likes Roblox. I have a speech impediment. Sometimes I stutter when I read to the whole class. Sometimes people laugh. I keep reading. When I speak to people my stuttering blocks my voice from finishing words. But stuttering doesn't bother me when I'm talking to my friends. Did you know famous people stutter like me? Different people do types of stuttering. There are 3 kinds of speaking. It is blocks, repetitions, and prolongations. I feel kinda happy about my speaking because I go to speech. I use pausing (scooping) and breathing every time to help with my speech when I stutter. I get to read longer and longer sentences. I know another person who stuttered in my family.

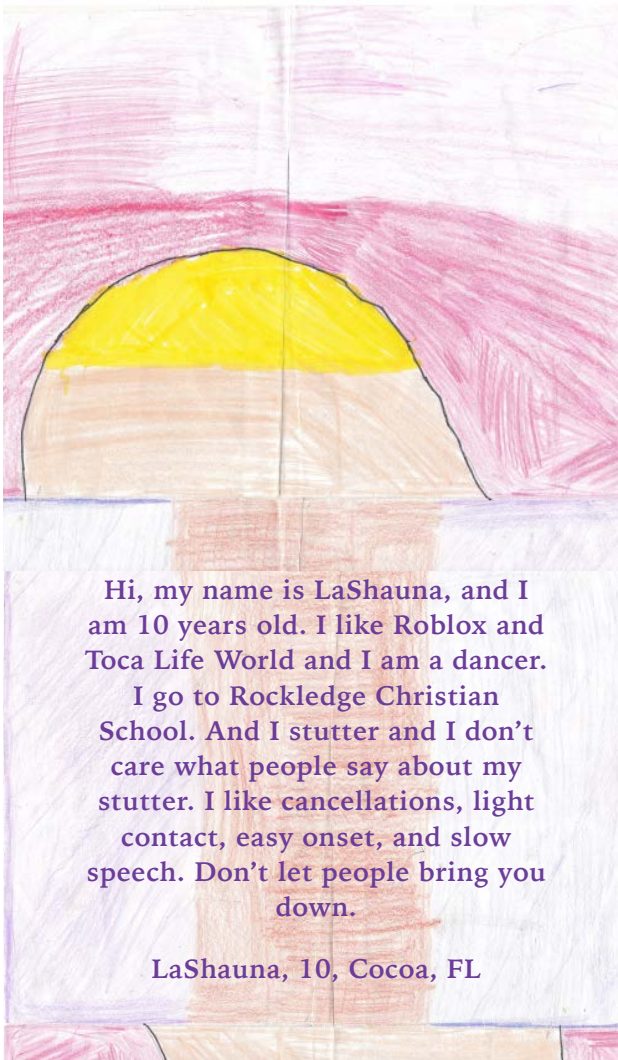


Johnathon, 9, Queens, NY





by Abenezzer, 8, Hugo, MN



Hi my name is Lincoln and I am from Erie, Colorado, age 10. I like Spiderman, Fortnite, and football. I play soccer right now but I am going to quit so I can play flag football. I do repetitions and prolongations when I stutter. I feel fine about my stuttering and no one bullies me for it. If you stutter then don't let it stop you in life. I just keep on talking with my big mouth and keep moving on.

Lincoln, 10, Erie, CO

STUTTERING SEARCH

FIND THE PUZZLE SOLUTION ON PAGE 18 *(but no cheating!)*

T	N	N	N	H	N	S	T	U	T	T	E	R	S
L	L	L	E	N	O	R	R	T	A	G	A	E	I
A	Y	E	T	S	C	B	L	O	C	K	S	Y	P
C	C	E	E	I	I	E	H	A	N	E	S	O	O
Y	G	T	C	A	T	N	O	C	T	H	G	I	L
T	N	Y	P	R	E	P	E	T	I	T	I	O	N
E	I	N	O	I	T	A	G	N	O	L	O	R	P
S	S	P	E	E	C	H	T	H	E	R	A	P	Y
N	U	C	A	N	C	E	L	L	A	T	I	O	N
O	A	E	S	N	C	S	T	A	M	M	E	R	T
Y	P	A	H	R	T	T	L	A	U	B	E	A	P
S	C	R	S	S	T	C	H	U	N	K	I	N	G
A	E	H	D	S	E	T	O	A	M	I	I	R	T
E	C	S	L	O	W	E	D	S	P	E	E	C	H



Play this puzzle online or print your own copy to do a word search race against a friend!

CHUNKING
SPEECH THERAPY
PAUSING
LIGHT CONTACT
STUTTER
SLOWED SPEECH

CANCELLATION
STAMMER
EASY ONSET
BLOCKS
REPETITION
PROLONGATION



Hi, my name is Anna, and I am 10 years old. I practice karate, and I like to kayak. I have a new puppy that I like to play with.

In speech, we play games and have a lot of fun. I learned that everybody stutters sometimes like other kids, grown-ups, singers, teachers, and athletes. I did a presentation for my class about stuttering. I was proud of myself!

Anna, 10
Winneconne, WI



Hi, I'm Nelly, I'm 11 years old. My favorite game to play is fifa. It's a soccer game. I also like soccer. My favorite player Cristiano Ronaldo. I think he is the best in the world. I like to draw too, especially Ronaldo or other soccer players or cartoons.

My stuttering started in first grade a little bit. It came back and became worse in 2nd grade. Then in 3rd grade, when Covid happened, it got better. Then in summer it became worse because I was able to see my cousins more and talk more. In third grade, doing virtual was mostly with my family at my Grampa and Gramma's house. I didn't have as many opportunities to talk during virtual school time.

I was back at school in 4th grade. My friends would help me say what I was saying when I stuttered. To help with my stuttering, I try to stretch out what I say and say it slowly.

Most of the time, I feel the stuttering will block what I want to say.

Stuttering is just like something that can block you but can't stop you from what you want to do when you grow up.

I want to be a soccer player when I grow up. Stuttering won't stop me from reaching my dream.

Nelly, 11, Sioux City, Iowa

I'm so special, I'm so kind, because I'm me. I might stutter, but I'm capable of incredible things, like hula hooping, drawing, and coloring.

Maya, 8, Lincolnshire, IL



Hi, my name is Caiden, and I am 8 years old. I live in West Lafayette, Indiana. I am in 2nd grade and my favorite color is green. I stutter a lot, but what helps me not to stutter is to pat my legs so I can make sure that I slow down. I like playing soccer, football, and basketball. When I stutter, I make sure I take my time so people can understand me when I say stuff. My favorite animals are cats and dogs.

Caiden, 8, West Lafayette, IN



My name is Miles, and I am 8 years old. I love baseball, watching movies with my mom, and spending time outside with my dad. On the weekends, I like to go to my grandma's house and cuddle with her dog, Happy.

I stutter at school and at home. When I stutter, I feel upset. I have 2 speech therapists who teach me all about strategies. When I stutter, I use easy speech, breaks in a word, and phrasing and pausing. The strategy that I use the most is easy speech. Easy speech is when you smooth out your words.

Miles, 8, Neenah, WI

My name is Murphy, and I am 10 years old. I like archery. My favorite foods are Chinese, pizza, and sardines. When people are making fun of your stuttering, I have learned to ignore it and tell your speech teacher. Do not worry, it will get better. I live in Saxonburg, PA, and stuttering is not all that bad. I like music and old model cars. If you stutter, do not be worried or stressed, and do not be scared.

Murphy, 10, Saxonburg, PA

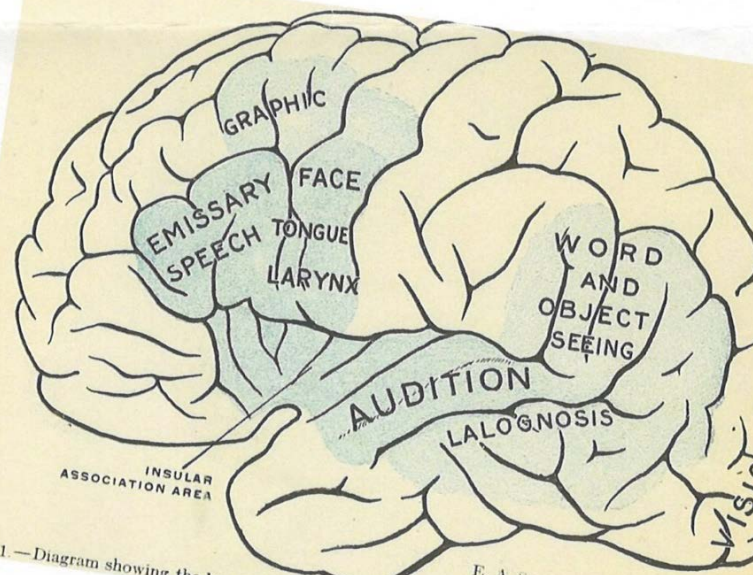
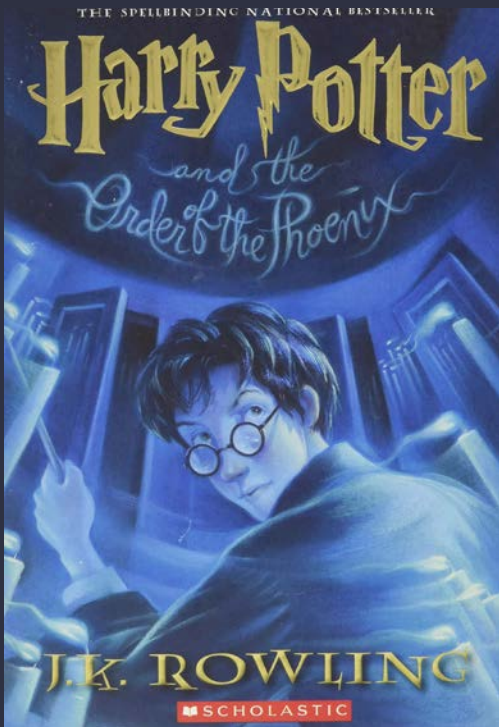


Fig. 721 — Diagram showing the language zone. The opercula are divaricated to expose the island of
E. A. S.



My name is Ben and I'm in second grade in Omaha, Nebraska. I'm almost 8 years old and I started stuttering when I was three. I also like to read a lot. I finished Harry Potter and the Order of the Phoenix. I had a fun time reading it. When I stutter, I use a cancellation, which is when you start a word over when it's bumpy. At school, people never bully me about stuttering, but I wouldn't mind anyway. I also know cursive.

Ben, 8, Omaha, NE



I like math and speech therapy and scary movies and video games. I started stuttering when I was four years old to ten years old. Some ways to help your stuttering is by breathing in and out. Think about what are you going to say. I can help people with their stuttering by saying that never think that you're disabled for do some things by Omar Houston TX

Omar, 10, Houston, TX

GET OUT A PENCIL AND PUT YOUR

HANDS DOWN

Trace both of your hands in the space below. On your LEFT hand, list the things that you like about yourself on each finger. On your RIGHT hand, list the things that you may not like about yourself.

SFA ACTIVITY PAGES

SUPER DUPER VERY IMPORTANT STUFF YOU SHOULD PROBABLY KNOW

ABOUT ME



STUFF I LOVE ABOUT BEING ME

STUFF I DON'T LOVE ABOUT BEING ME

WEIRD, COOL AND UNIQUE STUFF ABOUT ME

*After completing both activities, please share them with your parents, friends, speech teacher, and your classroom teacher to help everyone understand **how you feel about you!***





My name is Carter. I am 10 years old. I am in fourth grade, and I live in Iowa. In my family I have a brother named Nolan [6], and my mom and dad. I have three cats and one dog. I like playing with my little brother, and watching movies. Something special about me is I collect Pokemon cards. I have 478 cards! My best cards are Charizard, MagnezoneEX, and Mewtwo.

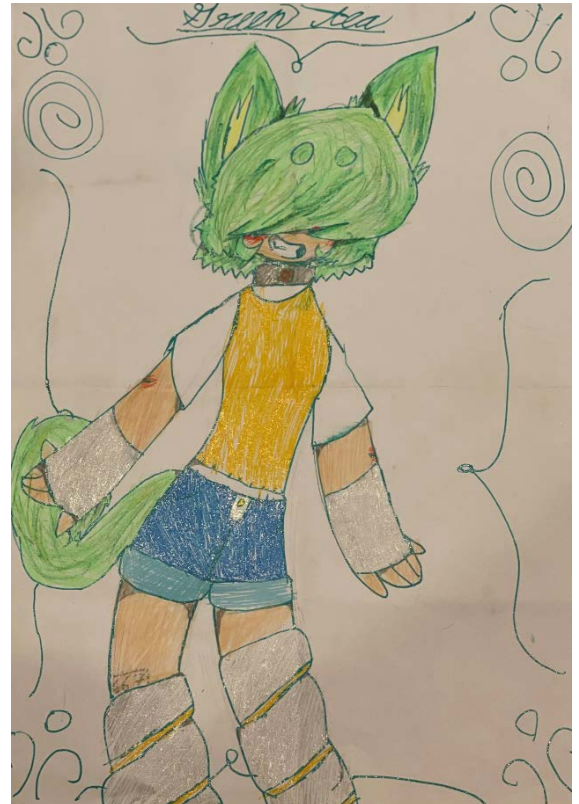
I remember stuttering in preschool and kindergarten. I met my speech teacher in kindergarten. I learned about the speech machine. My favorite strategies to use are “the slide” and “box talking” (tapping my fingers). When you stutter, don’t let people tease you. You can say, “Just because I stutter doesn’t mean you should be a jerk about it.” Keep going and be your best!

Carter, 10, Bettendorf, IA

Hi, my name is Sophie and I live in California. I like to draw and play online games. My favorite animes are My Hero Academia and Erased. I like to go to soccer practice because I love to run around and go outside, even though I don’t go out much. My favorite movie is Nannie McPhee, the first one.

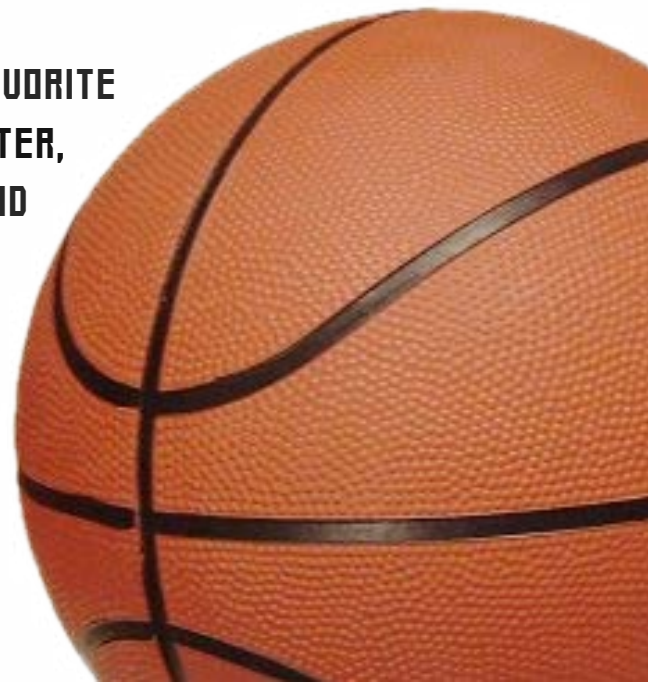
It is okay to stutter because it is normal for people to stutter. My favorite strategy is cancellations, because when I stutter, I can start over, and I like that. Another strategy that helps is easy onset. Easy onset stretches a word that’s hard to say and triggers the stuttering to stop when it stretches.

Sophie, 9, San Bernardino, CA



MY NAME IS ELI, AND I AM 10 YEARS OLD. MY FAVORITE GAME IS BASKETBALL. MY FAVORITE FOODS ARE LOBSTER, CRAB, CHOCOLATE CHIP COOKIES, CHOCOLATE, AND S'MORES. I LIVE IN PENNSYLVANIA. I STUTTER WHEN I AM STRESSED, SO I TAKE DEEP BREATHS. I ALSO USE THE STRATEGY CALLED PAUSING. YOU DON'T HAVE TO BE SCARED, JUST BE YOURSELF!

ELI, 10, BUTLER, PA



Express Your Weiridness
Well BYE BYE

Hi everybody, my name is Stevie and I have a lot of problems. I'm dyslexic, I stutter, and I'm short but I don't let it get to me. And I'm also math dyslexic. I've had many issues with stuttering and many people made fun of me for it. In 3rd grade all my friends kept making fun of me and asking, why do you stutter. So, in 3rd grade I made a presentation about my stuttering, and they didn't make fun of me. But like Ed Sheeran says, express your weirdness. Well, bye bye!

Stevie, 9, Katy, TX



Hi, my name is Grady, and I am 11 years old. I am from Endwell, New York. I have a stutter. When I stutter, I sometimes repeat myself and sometimes I get blocked. When I stutter, I get frustrated but I've gotten better with my stutter throughout the years. I love to play sports. My favorite sport is baseball, but I also play basketball and football. For the past two years, my 10u baseball team has gone to states and last summer I got put on the news!

I look up to George Springer, the center-fielder on the Toronto Blue Jays, because he has a stutter, and his stutter does not affect him and how he plays baseball. He also inspires me because he is a spokesperson for the SAY organization (Stuttering Association for the Young). My favorite baseball team is the Pittsburgh Pirates, and my favorite player is Bryan Reynolds.

Grady, 11, Endwell, NY



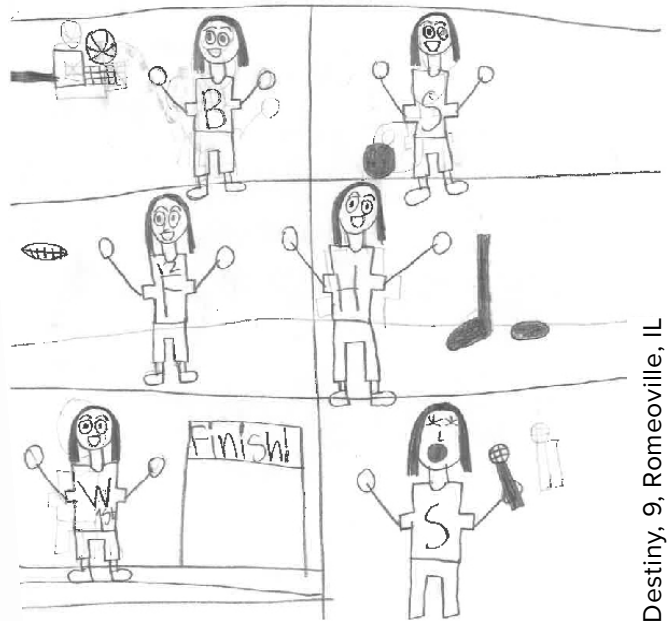
My name is Finn. I am 10 years old, and I live in Louisville, KY. I am finishing the third grade. My hobbies are playing Minecraft and 2K23. I also like to play basketball and volleyball. In speech therapy I work on blocks. I call them lags. My favorite strategy is pausing and chunking. I feel good about my speech. Other kids I know stutter too. My advice to another child that stutters is: It's okay. Try all of the stuttering strategies first before you say it in public.

Finn, 10, Louisville, KY

Hi my name is Destiny. I'm from CH and I studer a lot. I take speach for it though. And

I'm getting better at it. Kids mock me and bully me for my studering, some times. It is not okay for other kids to bully other kids. We all should show kindness, and start putting others in other kids shoes. But lets get to the good part! I'm a good singer and I'm a fast runner! → flip

I love to play ~~Ball~~ SOCCER, FOOTBALL, BASEBALL, AND HOCKEY!



Destiny, 9, Romeoville, IL



Hi, my name is Fatuma and I'm 9 years old and I stutter. I live in Omaha, NE. It's ok to stutter and don't let people bully you because you stutter. My favorite strategy is easy onset. What is your favorite strategy? I learned that there can be other people in your family that stutter. My brother used to stutter. He went to speach and stopped stuttering. The things I like are playing with puzzles, being out in nature, and spending time with my family.

Fatuma, 9, Omaha, NE

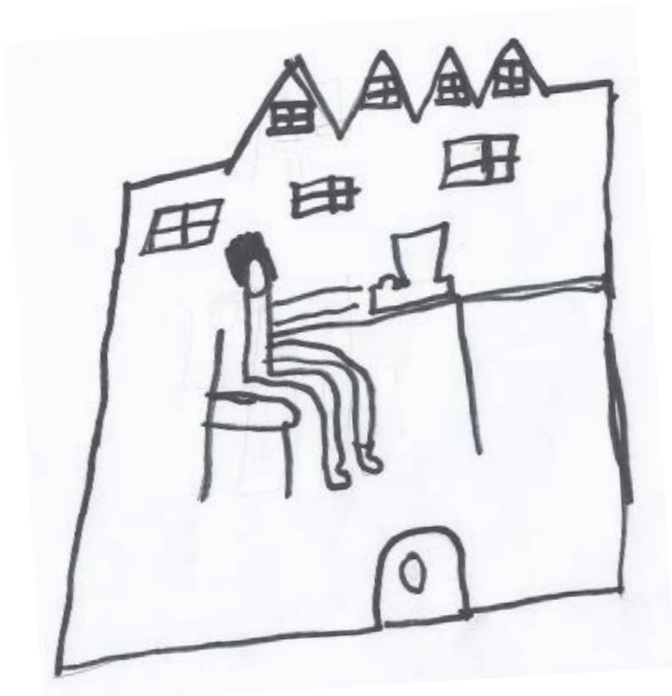


Hello my name is Jaxon I am 9 years old. I like music, reptiles, and Fortnite. And my favorite book is holes. My favorite speech strategy is slow easy speech. I started studying when I was in kindergarten now im in 3rd grade. That's a long time to be in speech!

Jaxon Gallatin, Jr.

Hi! My name is Kyle. I am 9 years old, and I stutter. I live in Denver, Colorado. I'm in third grade. I like baseball, soccer, basketball, football, and hockey. I like to play catch outside with my family. I have 3 siblings: 1 older brother, 1 younger sister, 1 younger brother. One more thing is my favorite basketball player who stutters is Shaquille O'Neil. My favorite basketball team is the Washington Wizards, and my favorite baseball team is the Washington Nationals.

Kyle, 9, Denver, CO



My name is Jeremy. I am 9 years old and about to turn 10 years old. I like to play video games and I like to spend more time with my family. My family is a kind family. My family helps me and makes me happy when I am feeling sad or if I am struggling. I have been stuttering for about 4 years, ever since I was 4 or 5 years old. When I stutter, I don't feel sad or mad, I just feel normal. Sometimes I take a deep breath to help me with my stuttering.

Jeremy, 10, Waltham, MA

My name is Caroline. I am 8 years old. I have stuttered since I was 4, I feel like it's not fair because every one else speaks fine and I don't. But I think okay and I am different. Did you know that boys stutter more than girls?

Here is a little about me! I love to draw, sing, and dance. I like animals and nature. I also have 2 brothers that are younger than me so I'm the oldest 1 is a baby and I'm excited to baby sit him when I'm older!



Caroline

Caroline, 8, Hydes, MD



My name is Cor'nya and I am 9 years old. I am from Chattanooga, TN. I am a person who stutters (PWS). The strategy I use when I stutter is stop and restart. If I stutter, I stop talking, take a deep breath and finish my sentence. The words I say to myself as a PWS: "It's ok to stutter," and "I am more than a stutterer." I should not be scared to stutter because other people in my speech group stutter too. The speech therapy room is a safe place to stutter. When I walk into the room, I feel safe. I like to breakdance and listen to jazz music. I run track and I can run a half mile! I enjoy meeting up with my friends at parks where we play tag and soccer.

Cor'nya, 9, Chattanooga, TN

Hi I'm Dillon. I'm 7 years old. Some times when i'm excited and talking to friends, I have bumpy speech. I repeat words or sounds. Sometimes this happens when i read. This makes me feel like i'm doing something wrong. I come to speech therapy to help me practice making smooth speech. Coming to speech therapy makes me feel more confident. When I have confidence it makes me a better person and it makes me feel good about myself.

Dillon, 7, Arden Hills, MN





Hi, my name is Kammarian. I live in Illinois and go to school in Iowa. I am 11 years old and in the fifth grade. I have a husky dog and his name is Dakota. He is 7 years old and has black, gray and white fur. I love to draw, play soccer, basketball, and football.

In my family, I have two younger siblings, Keylana and Alvier, and my mom and dad. My dad has been in the Army for 15 years. We have lived in Texas, Hawaii, Illinois, and Iowa.

I think I was three years old when I started stuttering. My favorite strategy to use is "the slide." I also tap my fingers sometimes.

The picture I drew is how I see the world and how stuff can be easy yet hard AT THE SAME TIME and people don't let anything stop you from achieving your dreams. See Yah Later- for now- BYE!

Kammarian, 11, Rock Island, IL

Hi, my name is Ryan and I'm 16 years old. I go to Stissing Mountain Junior Senior High School. I've been working on my stuttering with my speech teacher. I take a deep breath and I say my sentences as I breathe out. When I am having trouble, I just cancel it out and try it again. I also slow my speech down.

I played Unified basketball my first year last year. I felt shy at first, but when I played more, I felt proud of myself. I played the position of point guard. I had a great team. My coach cheered me on. My team helped me when I needed help. Our team traveled to different school districts. We had a pizza party at the end of the season. I got a certificate and a medal. I had a great year and I'm very excited to play this year. On our team we all play different positions.

GO UNITED TEAM!!!!!!!

Ryan, 16, Pine Plains, NY

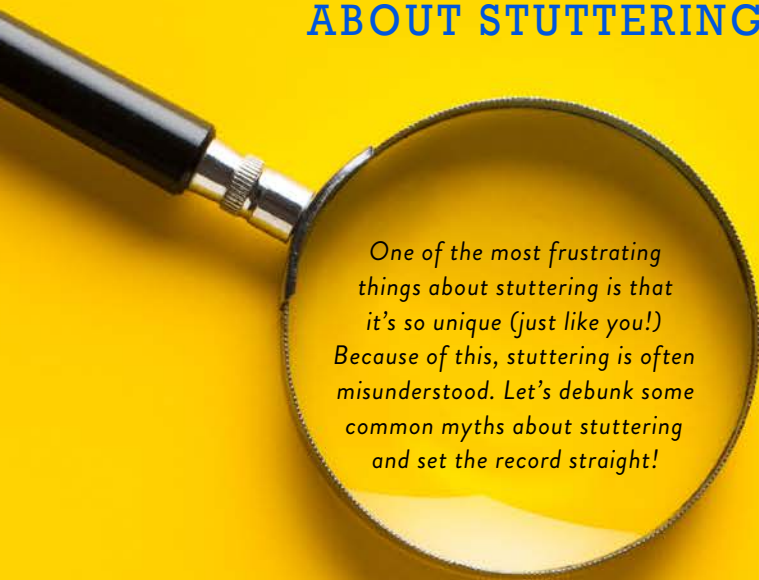


Hi! I'm Thomas. I am 8 years old and I have 2 brothers. I also have 1 dog named Leia. I'm in 3rd grade and live in Westlake, Ohio. I love video games and movies and also reading. I stutter sometimes and it sometimes impacts me a lot. Don't feel bad about stuttering, I see it as a superpower. Don't let kids make fun of you for stuttering; they want to make you feel bad about it. To take that moment out of your head, walk away and think about something else. I know it might be tricky but I believe in you.

Thomas, 8, Westlake, Ohio



INVESTIGATING COMMON MYTHS ABOUT STUTTERING



One of the most frustrating things about stuttering is that it's so unique (just like you!) Because of this, stuttering is often misunderstood. Let's debunk some common myths about stuttering and set the record straight!

MYTH: If I stutter, I'm not smart.

REALITY: There is no link whatsoever between your stuttering and your intelligence.

MYTH: Stuttering can be "caught" by hearing another person stutter.

REALITY: It's not possible to "catch" stuttering. No one knows the exact causes of stuttering, but researchers say that family environment, family history (genetics), and your one-of-a-kind brain and body help to play a role in stuttering.

MYTH: It helps when people say "take a deep breath before talking," or "think about what you want to say first."

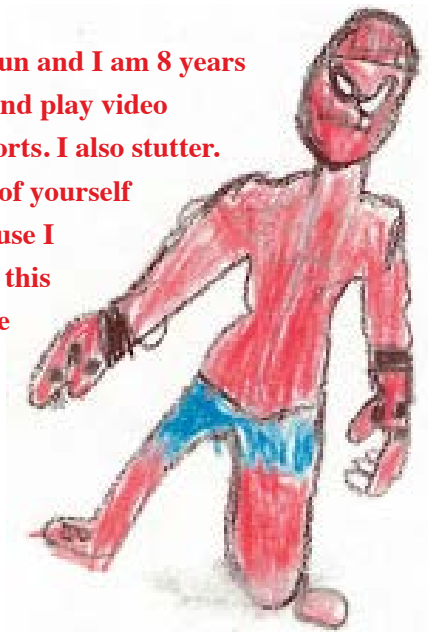
REALITY: This advice isn't helpful and sometimes can make the stuttering worse. More helpful responses include listening patiently and leading a conversation with a relaxed and patient tone. Never be afraid to tell your friends and family what is helpful for you!

MYTH: When I am stressed or nervous it makes me stutter.

REALITY: Lots of different things are involved in why people stutter. Nervousness does not cause your stuttering. People who stutter aren't more nervous, fearful, anxious, stressed or shy than people who don't speak with a stutter. These feelings are never the cause of your stuttering, but they certainly can be unhelpful when speaking.

Hi my name is Syaun and I am 8 years old. I like to read and play video games and play sports. I also stutter. Don't be ashamed of yourself for stuttering because I stutter too. I wrote this letter for the people that stutter. I hope you liked my letter. Bye!

Syaun, 8
Westlake, OH



HELLO, I'M JONATHAN FROM FLOWERY BRANCH, GEORGIA. I'M 10 YEARS OLD AND I'M IN 5TH GRADE. I LIKE TO PLAY FOOTBALL, FORTNITE, AND PLAY WITH DOGS. MY FAVORITE COLLEGE TEAM IS TENNESSEE, AND MY NFL TEAM IS THE RAVENS. I STARTED STUTTERING IN 1ST GRADE AND I HATED IT BECAUSE I COULD BARELY TALK. WHAT I DO TO STOP FROM STUTTERING IS I MEMORIZE WHAT I'M GOING TO SAY AND THEN I DON'T STUTTER UNLESS SOMEONE INTERRUPTS ME THEN I STUTTER.

JONATHAN, 10, FLOWERY BRANCH, GA

SOLUTION TO WORD PUZZLE ON P. 5

T	N	N	N	H	N	S	T	U	T	T	E	R	S
L	L	L	E	N	O	R	R	T	A	G	A	E	I
A	Y	E	T	S	C	B	L	O	C	K	S	Y	P
C	C	E	E	I	I	E	H	A	N	E	S	O	D
Y	G	T	C	A	T	N	O	C	T	H	G	I	L
T	N	Y	P	R	E	P	E	T	I	T	I	O	N
E	I	N	O	I	T	A	C	N	D	L	O	R	P
S	S	P	E	E	C	H	T	H	E	R	A	P	Y
N	U	C	A	N	C	E	L	L	A	T	I	O	N
O	A	E	S	N	C	S	T	A	M	M	E	R	T
Y	P	A	H	R	T	T	L	A	U	B	E	A	P
S	C	R	S	S	T	C	H	U	N	K	I	N	G
A	E	H	D	S	E	T	O	A	M	I	I	R	T
E	C	S	L	O	W	E	D	S	P	E	E	C	H

AC/DC

My name is Layton, and I am 10 years old. I am the second youngest of four kids. I have two dogs, Clyde and Bailey. I live in Omro, Wisconsin. I like a lot of different kinds of music, but I really like AC/DC. I like to build Legos and go to Starbucks.

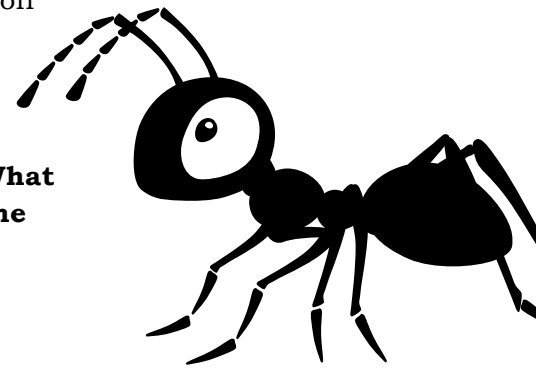
My favorite stuttering strategies are phrasing and pausing, cancellation, and easing out. Phrasing and pausing is when you say a few words, take a break, and finish your sentence. Cancellation is when you get stuck on a word, and you go back and try again with less tension. Easing out is where you ease into a word that you are trying to say.

Layton, 10, Omro, WI

My name is Alonzo, and I will tell you about my experience about stuttering. When I was younger, I used to stutter a lot and I couldn't control it. I stuttered way too much. When I was little, I said one word. That was when I was at school, and I was in front of a bunch of kids I didn't know. I started talking more because I got help (speech therapy) and I believed in myself. I have given two presentations in front of the class, and I was scared, but I got through it. I tried to speak without stuttering and I sometimes switched my words when I was about to stutter. My brother stutters a lot, a lot, a lot. If I could give him advice, I would tell him to keep on talking, even if he stutters and not give up on what he's trying to say. I try to keep talking and not give up on myself.

Here's a joke I wrote: What is the biggest ant in the world? A gi-ant!

Alonzo, Saint Paul, MN



My name is Alton and I'm 10 years old. I have stuttered for about four years in my life. My stuttering used to be a big problem. When I was excited, I couldn't even get one word out. Speech therapy has helped me understand my stuttering and know what to do about it. When I went to speech therapy, I learned to think in a new way: "I feel _____ because _____, and I want _____." This was important because it helped me understand my feelings. When I was little, I had a problem. I would always think, "Ohh, no, I'm gonna stutter!" And I would always start stuttering more. But when I recognized my feelings, that took my mind off the, "ohh no, I'm gonna stutter!" feeling. So, my speech would improve.

After one year of speech therapy, I learned a really good strategy called belly breathing. This helps me because it lets me know I may take all the time I need. My favorite strategy is speaking with my lungs full of air. Breathing is my favorite, like I said, because it calms me down.

When I have trouble sleeping, I like to breathe, and then I fall right to sleep. I learned that breathing connects to all sorts of things, like my health. I can use it when I'm tired and sick. Breathing connects to my emotions too. Breathing helps my sleep and stuttering a lot. When I worry about stuttering, I stutter more. When I breathe it calms me down, so I stutter less. I think breathing calms me down because it clears my mind. When I breathe, I'm more focused on breathing, so it doesn't matter what I'm stressed about.

When I used to stutter about 50% of the time, I would just give up and not talk. This was not good because I didn't get to share my ideas. In school, I attend a class that teaches me an Alaska Native language called Yupik. When I speak Yupik, I'm more focused on the language and what I want to say. When I'm speaking Yupik, I never stutter.

The reason I'm writing this is to inspire kids who stutter. When I was younger and my stuttering was really active, I felt disappointed because I stuttered, and I wanted to improve. Now I can understand my stuttering. The strategies of breathing and taking all the time I need, along with thinking, "I feel _____ because _____ and I want _____" can help a lot. Kids who stutter can probably start understanding their stuttering by attending speech therapy.

Alton, 10, Anchorage, AK

Sometimes,
stuttering hurts.
We can help.

And so can you.



Make a difference.
Donate today.



THE
STUTTERING
FOUNDATION®

WE LOVE TO HEAR

OUR FAVORITE LETTERS FROM PARENTS AND SLPs FROM ALL ACROSS THE WORLD

Thanks for creating this to uplift kiddos and allow them to feel less alone.

After receiving the Fall 2022 catalog, we have used it in therapy the past month in our sessions to identify similarities in feelings and interests as students' letters were published. It really helped my student to not feel so alone. Thank you for all you do!

A voice for each child!

This will truly make my student so very happy and proud! Thank you so much. This is really going to make her happy.

Yesterday, my student and I read through some of the new Fall submissions and we were both inspired by the 16-year-old high school student named Paul (pg. 22). These pieces are so moving, thank you for giving young stutterers a voice and inspiration!

We have so enjoyed reading the articles from other kids and he's looking forward to having his letter published in your magazine. Thanks for all you do for our kids!!

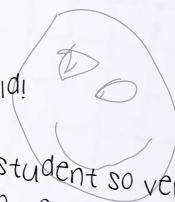
She was really excited about sending the letter in, so I think she will be super happy if it gets published.

We love reading the other letters in the magazine!

I have two students on my caseload who stutter and who read your magazine entries from students who stutter, and they are very interested in sending in their own entries!

We read your magazine at our sessions!

I have a student who loves to read the letters from kids who stutter in your magazine.



SUBMIT YOUR OWN ARTWORK AND LETTER!



We love to read your stories, advice, and strategies! Please request a permission form at info@stutteringhelp.org and send your digital, **full-color** letters, original artwork and/or photos to info@stutteringhelp.org or send it in the mail to: **The Stuttering Foundation, P.O. Box 11749, Memphis, TN 38111-0749**

FROM GROWN-UPS TOO!

They will be so excited when they are published!

Thank you so much for allowing kiddos to submit letters and pictures. It truly is so wonderful for kids to be able to express themselves and for kids to see how many others face similar challenges.

Thank you for having a way for kids to use their artwork and writings to share what they are feeling and experiencing because of their stutter. They have a lot to say and I don't ever want them to lose their "voice"! I am a huge fan of your magazine! My students and I use it in speech therapy (and even made it in there last year!

I think it is sooooo wonderful that The Stuttering Foundation has this opportunity.

He is very excited and hopeful about getting his message published for others to see. He was inspired by many of the athletes' stories as well as children his age.

It's a fantastic platform for these kids to come out and share their stories; I am not surprised how much response you are getting! It gives rise to so much courage and authenticity in other areas of their lives.

My student will be so excited to know that he will have an opportunity to contribute. He's in Grade 8 this year and it took me more than a year to convince him to share his story... so, thank you.

I was reading some of the kids' entries from the magazine with my 5th grader, and he is interested in submitting his.

My client and I have been working on a magazine submission for the Stuttering Foundation. He has finished his artwork and is ready to submit it to you all! Attached you will find the permission slip and his work of art.

I serve several fluency students and saw the Dear SFA article in your latest newsletter. I thought it might be a good activity to have my students write letters/draw pictures to send in.



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.



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We love to read your stories, advice, and strategies! Please request a permission form and send your digital, **full-color** letters, original artwork and/or photos to **info@stutteringhelp.org**