



THE STUTTERING FOUNDATION®

www.StutteringHelp.org

FALL KIDS 2024

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

KIDS' LETTERS

A COLLECTION OF ARTWORK, LETTERS and FUN FOR KIDS, BY KIDS
VOLUME EIGHT

DEAR SFA:

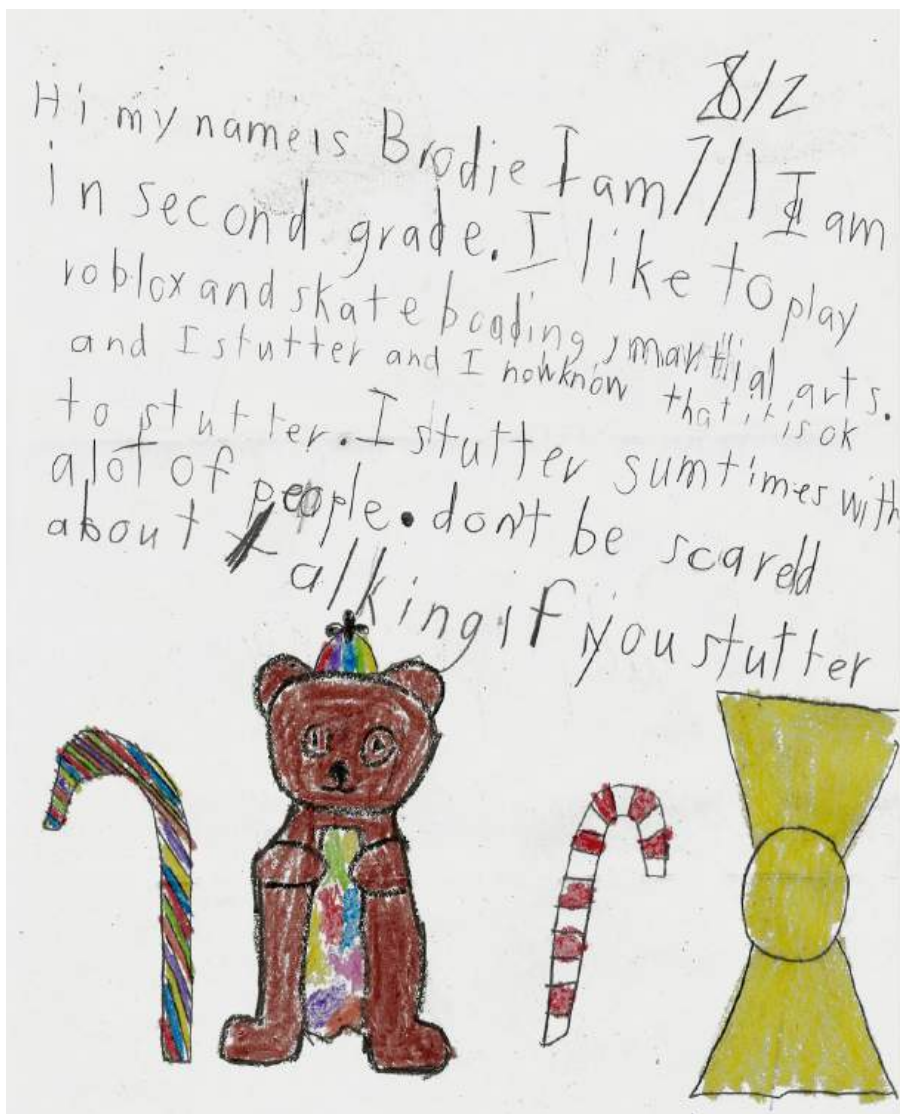
The Stuttering Foundation has been hearing from kids for over three decades, receiving more than 600 letters from children every year. Press releases, begun in the 1980's, resulted in a tremendous number of articles on stuttering nationwide. When Ann Landers featured the SFA in one of her classic newspaper 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 features kids' letters in every newsletter and responds 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



Hello, my name is Jayce W. I am 8. I live in Minneapolis, MN. I like to play with my VR headset. I like to play on my motorbike. I like to play soccer. My family is nice. We just got a dog. We are excited to have him. I have a tip for you. If you have a dog or a cat then hug them if you're feeling down or stuttering.

Jayce, 8, Minneapolis, MN

Hi! My name is Isaiah, and I am 9 (almost 10) years old. I am in the 4th grade, and I like spelling, and watching anime videos. I drew Roronoa Zoro from One Piece, which is my favorite anime video. I like other animes like Jujutsu Kaisen and One Punch Man. Some things I like to do for fun are play video games such as Gang Beasts, Roblox, and Virtual Reality. The biggest problem I have with stuttering is how quickly it can come and go. I don't mind stuttering, and my friends don't mind either. What helps me the most is using my smooth speech strategies that I learn in speech therapy. I think that stuttering is a gift because it has introduced me to an amazing community and other great kids who stutter at my school.

Isaiah, 9, Perris, CA



My name is Evelyn. I am 7 years old. I started to stutter when I was 3. My favorite place to go is The Children's Museum. I like to slide down the throat and explore the mouth. I stuttered a lot in the car. A strategy I use is pausing.

Evelyn, 7, Mountain, WI



Hello, my name is Aiden. I am 10 years old. My favorite stuttering strategy is the pacing board. The pacing board is like you pretend that there is a board on your body, and you tap for each 2 or 3 words each. My favorite movie is either car movies or comedy movies. I have a dog and his name is Milo. He is a Weiner dog, really calm and happy. I live in California, Anaheim. I started stuttering when I was 5 years old. My cousins tease me for stuttering, but I don't really care, though they stutter too! So, my cousins just take it as a joke (and me). I repeat words but not that often or sometimes I repeat sounds or letters. Is it true that you could actually stop stuttering forever?

Aiden, 10, Anaheim, CA





My name is Alan. I like the pacing strategy for pausing. I like playing soccer and I want to be a soccer player when I grow up. I like the book "DogMan" and the movies "Fast & Furious" and "Cars" and "Spiderman". My dog, Bella, makes me calm and I don't stutter when I talk to her. Walking my dog also calms me down. Nobody makes fun of me. My type of stuttering includes word, syllable, and sound repetitions and blocks. I started stuttering in 2nd grade.

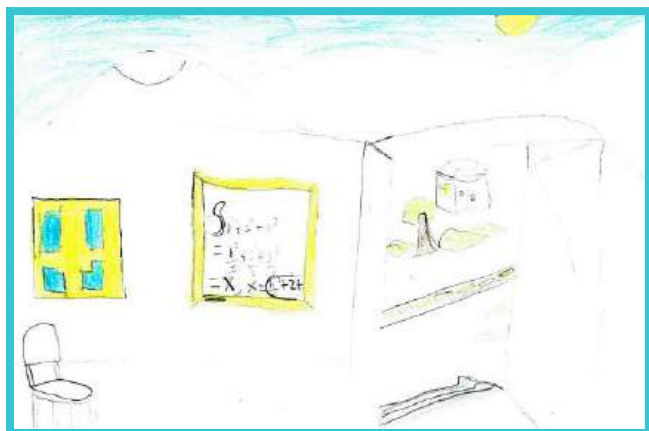
Alan, 11, Anaheim, CA



Hi, my name is Fabian, I am 9.5 years old. I live in Massachussetts, and I stutter. It's like there's this thing that blocks you from saying words. My favorite speech strategy is easy onsets. If you stutter, it's okay! It just makes you more unique! I like playing Roblox, and I play the trumpet. Here are some facts about stuttering: Stuttering usually begins in childhood, between the ages of 2 and 5 years. It's estimated about 1% of the world's population stutters, though about 5% of children go through a period of stuttering. I also gave a presentation to my class about stuttering. It helped all my classmates understand what stuttering really is. You should too! I also like robots. Bye bye!

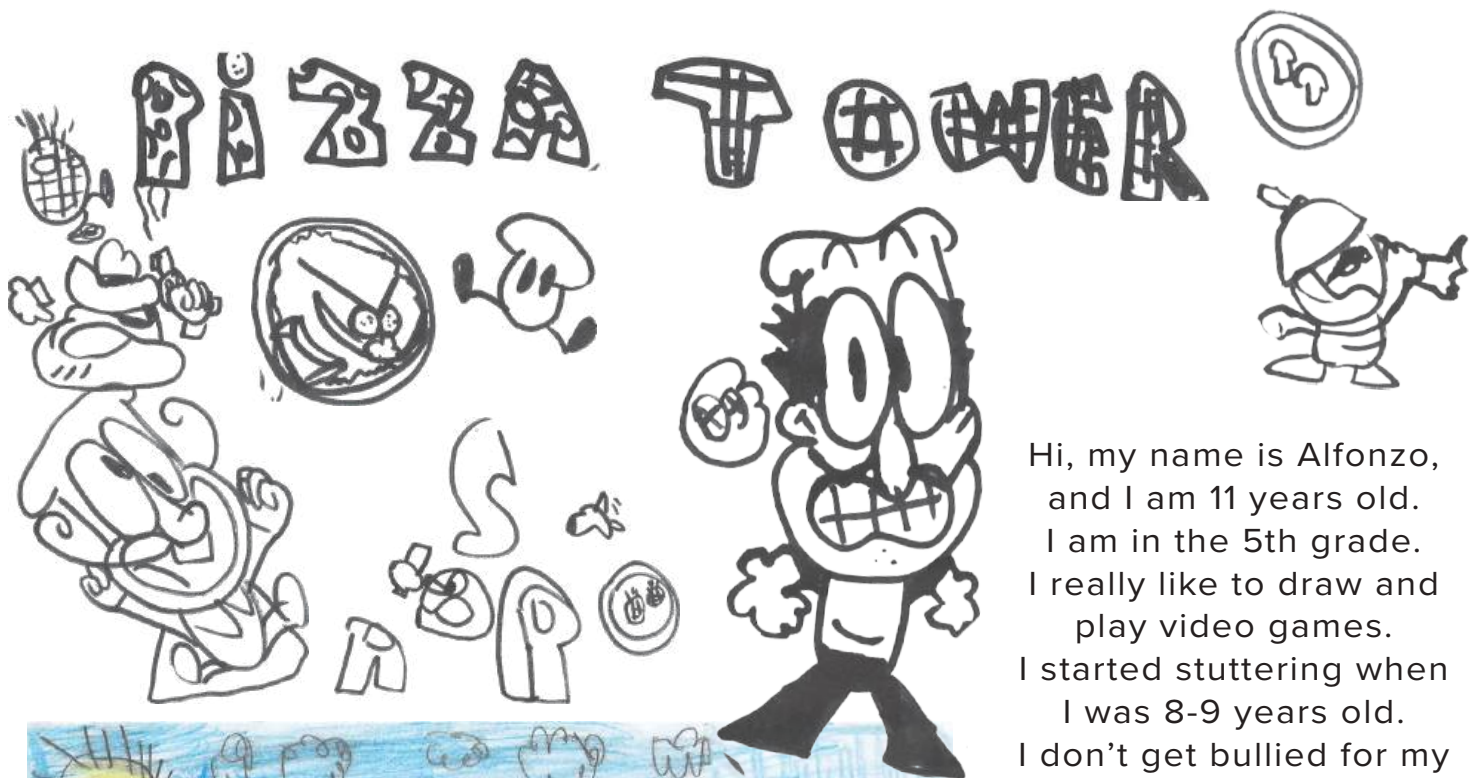
Fabian, 9.5, Worcester, MA

(These robots were made by Boston Dynamics)



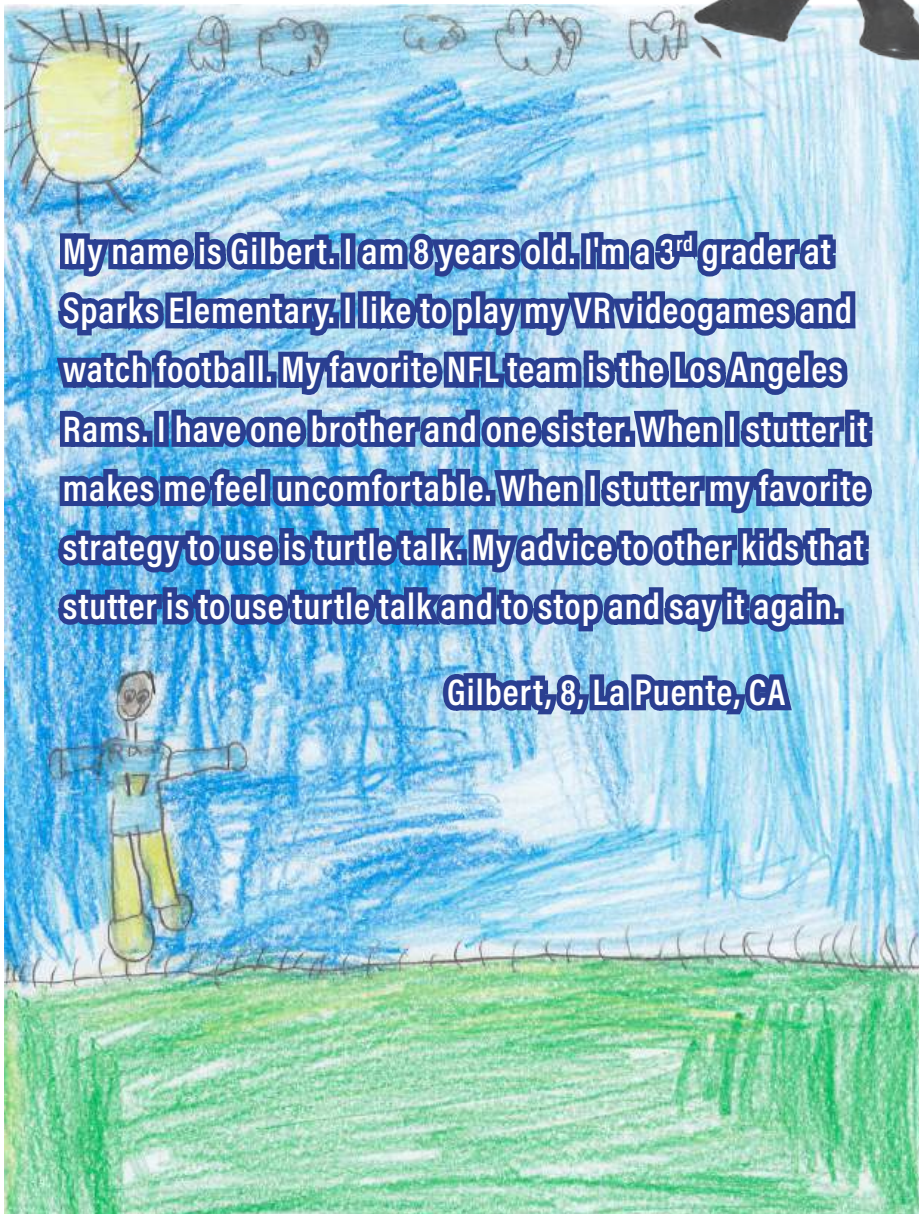
My name is Ronald, and I am 11 years old. My birthday is September 24th. My favorite thing is doing math, doing stuff outside, and relaxing. Stuttering is when you are talking but something stops you from saying your words. A strategy that has worked for me is easy onset because I relax my muscles and calm my body before I talk.

Ronald, 11, El Monte, CA



Hi, my name is Alfonzo, and I am 11 years old. I am in the 5th grade. I really like to draw and play video games. I started stuttering when I was 8-9 years old. I don't get bullied for my stutter now, but I used to when I was in 3rd and 4th grade. I've gotten better at my speech by using the strategies I learned in speech. My favorite one is reduced rate. Reduced rate is when you tap out every word and talk slower. If you get bullied for your stuttering then ignore it, your speech is perfect the way you are.

Alfonzo, 11
Columbus, OH



My name is Gilbert. I am 8 years old. I'm a 3rd grader at Sparks Elementary. I like to play my VR videogames and watch football. My favorite NFL team is the Los Angeles Rams. I have one brother and one sister. When I stutter it makes me feel uncomfortable. When I stutter my favorite strategy to use is turtle talk. My advice to other kids that stutter is to use turtle talk and to stop and say it again.

Gilbert, 8, La Puente, CA





My name is Eleanor. I am 8 years old. I am from Ohio. I started stuttering when I was five years old. I am in 3rd grade. I can give you some tips about stuttering. First thing, when you start stuttering you can start all over again.

That is called a pull out. One time when I stuttered my sister shouted it out for me. It's okay if you stutter, it's part of your speech. I love to watch tv, help my mom bake, and play outside.



Eleanor, 8, Cuyahoga Falls, OH

Hi my name is harper and I stutter. I started stuttering at three years old. I have been bullied but I have done presentations to prevent it. I could say that I now a lot about stuttering. My Dad Stutters to my sister also. I like gymnastics, math, soccer, art, reading. I love the series harry potter I love the second book the chamber of secrets. I love a band called fleetwood-mac I also like Taylor Swift music. Love yourself the way you are never give up.



gymnastics



Harper Gillette Wg

Harper, 9, Gillette, WY



HELLO, MY NAME IS ANDREI.

I AM 11 YEARS OLD. THE SPORTS I LOVE ARE BASEBALL AND FOOTBALL. IT'S HARD TO CONTROL STUTTERING, SO IT'S OKAY IF YOU STUTTER.

SOME FAVORITE WAYS TO HELP YOU CONTROL STUTTERING ARE EASY STARTS AND LIGHT CONTACT. YOUR SPEECH THERAPIST CAN HELP YOU WITH THOSE.

ANDREI, 11, ROMEOVILLE, IL

Hi, my name is Andy. I am 7 years old. I live in Northbrook, Illinois. I have one younger sister and a mom and dad. I like building Legos and playing video games. I like to play Minecraft and Roblox. My favorite subject is math. I like that math is not just numbers, but also shapes and variables. Sometimes I stutter when I talk. When I stutter, I just stop and take a deep breath and start again. Don't be embarrassed when you stutter. You can keep practicing. People talk in different ways and that's okay.

Andy, 7, Northbrook, IL



Hi, my name is Rowan. I am 10 years old in 4th grade and I stutter. I live with my mom, my dad, and my older brother. I have 3 cats. My hobbies are football, collecting coins, playing guitar, running and playing Fornite and Roblox. My favorite NFL team is the Buffalo Bills. When I grow up I want to be a wide receiver in the NFL. I don't really remember when I first started stuttering, but when I noticed it was around pre-k. I have been in speech therapy for 6 years. Some of my favorite speech tools are syllable timed speech technique, or what my Speech Therapist and I call, "Robot Speech," pull out, and easy onset. I get bothered by my stutter when I get stuck on a word and when my friends think I am done talking. Speech therapy has taught me to control my stuttering by using stuttering modification techniques and to prevent it by using fluency shaping techniques. Everyone stutters sometimes saying "um" and "uh." My advice is to never give up speaking, your words are important just like any other kid. You're unique because of your stutter.

**FORTNITE
BATTLE ROYALE**



Rowan, 10, Buffalo, NY

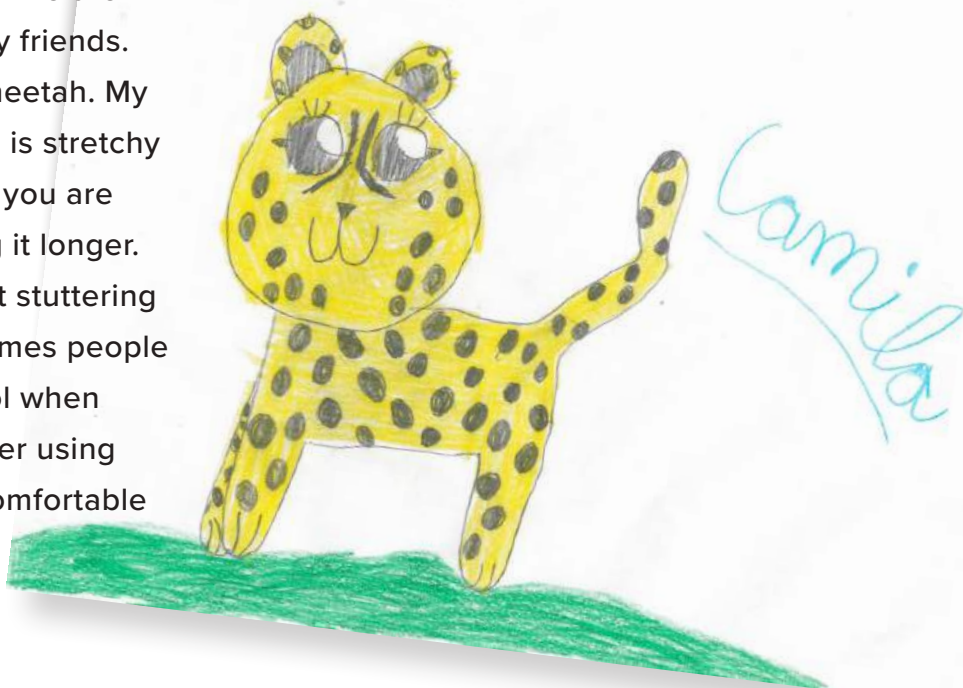


Hello, my name is Bently. I'm nine years old. I live in Culleoka, TN. I love to play football and baseball and soccer. I like to collect football and Pokémon cards. I love to go hunting and fishing. Stuttering is not fun, but it is okay to stutter. The best thing that I do is pause and stretch. This year I made a power point presentation to help others understand more about stuttering. At my school we have the best speech therapist. This is my life, and I like it.

Bently, 9, Culleoka, TN

Hi, my name is Camila. I am 9 years old, and I am in third grade. Some things that I like are Pokémon, soccer, and playing with my friends. And I love animals, my favorite is a cheetah. My favorite strategy to use when I stutter is stretchy speech. Using stretchy speech is like you are going deeper in the word and making it longer. I get really nervous when I stutter. But stuttering is okay, everybody does it but sometimes people just need a little help with it. At school when I went to speech I got better and better using my strategies. And now I feel more comfortable talking in front of other people.

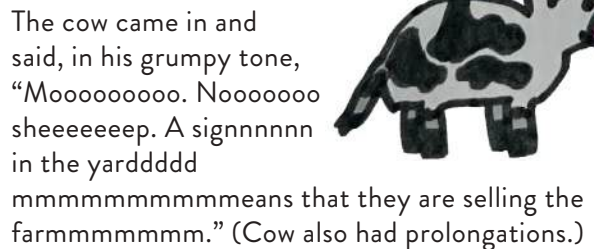
Camila, 9, Foristell, MO



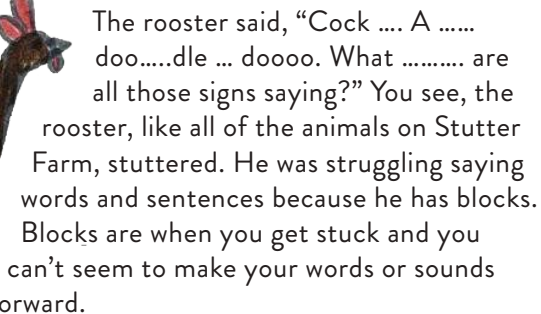
Hi, my name is Axel. I am 10 years old and I clutter. I live in the United States in Texas. I like being super kind to people. I'm not happy when there's no recess. I also don't like math. I prank my family with a fake hand and I like making jokes. In speech I'm learning how to slow down my words so people will understand me. I have two older sisters.

Axel, 10, Ft. Worth, TX

Written by Ryder, Quinn, Rylynn, Zachary
Illustrated by Quinn and Rylynn
Third Grade at Neil Armstrong Elementary in Bettendorf, Iowa



The animals wondered what the signs said. Because they couldn't read, they didn't know what the signs were for.



The cow came in and said, in his grumpy tone, “Moooooooooooo. Noooooooooooo sheeeeeeeep. A signnnnnnn in the yardddd mmmmmmmmmmmmeans that they are selling the farmmmmmmmmm.” (Cow also had prolongations.)

The cow answered “Mooooooo. I heard Farmmmmmmm Jennifer and Jack talking about seeeeeeeeling the farm.”



Cat said, "Mee mee mee meow. There's a a a a nother one called ppppause and pppprep. This is how it works. Think about your phrases, and then pause after every few words."

The animals said, "That is a great idea! Is there one more?"

Cat said, "Mememeow! Let's go talk about more. There is the cancellation strategy. First, you pause. Then you think about where your tension is. Then you reduce your tension. And start over." The animals said, "We think that's the best one!" So how do we reduce our tension?" asked the duck. The cow asked, "What is tension?" The cat said "I can tell you about tension if you'd like." "I'd looooooove to heaaaaaar about itttttt" said the cow.

The cat said "It kind of feels like you're stuck, or it feels like you can't keep talking. Sometimes when you have tension, you feel stiffness and tightness. Some places you can carry tension are shoulders, neck, chin, throat, and tongue." The cow replied "Thank you for telling me about tension and what it is like." The cat said "You're welcome. I am glad to tell you about it and now I feel more comfortable telling people about stuttering, too! Do you want to know how to reduce tension?" The animals all replied, "Yes!"

The cat said, "Meow. You can stutter on purpose. This reduces your tension. If you have tension in your tongue, you can stop and reduce the tension in your tongue. You can also flex your tense area and then practice letting it go."



The turtle said, "Ok guys wait, uh, what should we, uh, do, uh, about the farm?"

Donkey replied "I think uh we like um should tell Farmer Jack and Jennifer that um like we don't want them to um sell the farm."

"Hooooooooooooow are weeeeeee going to doooooooo that?" said the sheep. "We caaaaaaaaaaan just wriiiiiiiiiite it" said the cow.

Turkey said, "But we don't know how to talk to them, because they can't understand us. We also don't know how to write."

Cat said, "Actually! I DO know how to write!" He got a hay bale to use as a hard surface. He plucked a red feather from Turkey. Turkey said "Ow!" and Pig brought him mud. Donkey went and got an old flag he had found. Then Cat took the flag over to the flag pole and raised it up.

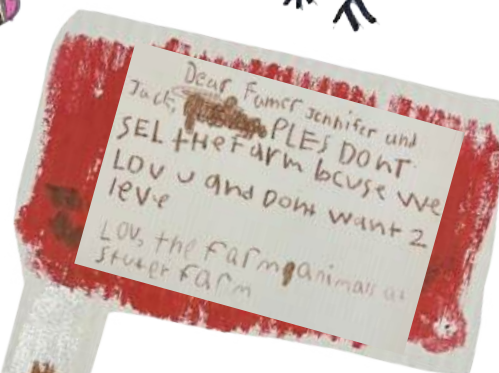
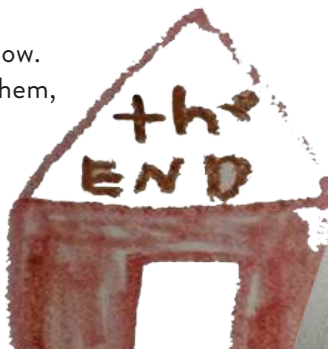
The next morning, Farmer Jennifer and Farmer Jack went out their front door and saw an old flag. Farmer Jennifer noticed that there was writing on the flag and said to Farmer Jack, "Wait! What is that?" Farmer Jack said, "oh no! What is that? That doesn't make sense!" They pulled down the flag and read the words.

Farmer Jennifer said, "Now I don't want to sell the farm because I feel bad for the animals." Farmer Jack said, "Yeah I feel the same way. I don't want to leave these animals without us. They have had a great life with us. Some of these animals have lived with us their whole lives."



So Farmer Jack walked over and took out the for sale sign and yeeted it in the garbage.

All of the animals celebrated! Everyone lived happily ever after.





Hello, my name is Jayden. I am 9 years old, and I live in Austin, Texas. I love to play Roblox and Fortnite, play with my family, and play with my friends online.

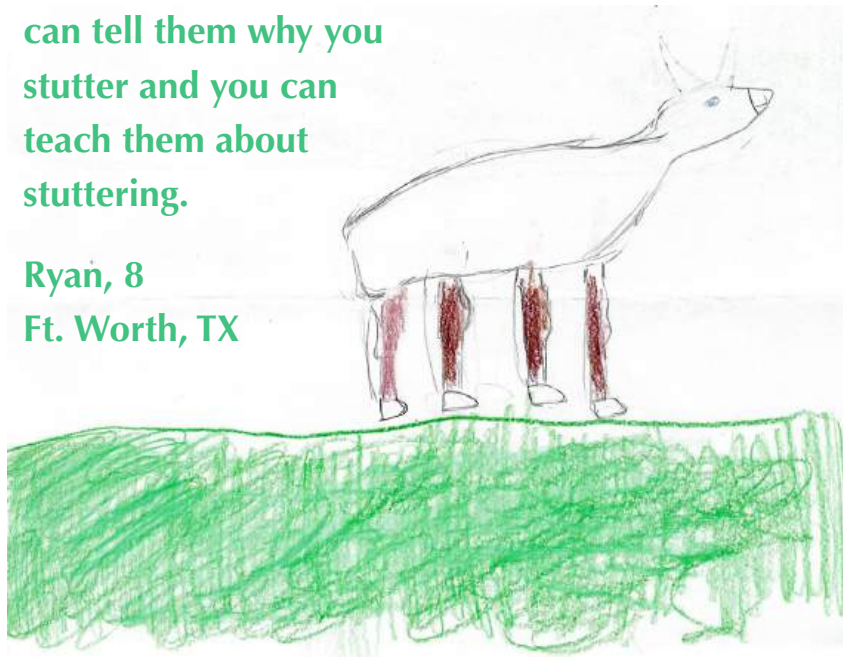
My favorite season is summer because I can go to Six Flags and the pool, and the park. I love it so much. I don't really care about my stutter. When I talk online nobody actually cares about my stutter either, but I do use slow, stretchy speech to help me when needed. I don't really stutter that much. I actually like my stutter and it is okay if you stutter too!

Jayden, 9, Austin, TX



Hi, my name is Ryan. I live in Fort Worth, TX. I am 8 years old. I am in the 3rd grade. My favorite game is The Hunter: Call of the Wild. I like to play baseball and basketball. My favorite baseball team is the New York Yankees. My favorite basketball team is the Los Angeles Lakers. And I like to do different kinds of hunting. And I stutter. It is okay to stutter. Don't let anyone give up on your dreams. Don't let people bully you or harm you. Do what you like and don't let anyone pressure you into what you don't want to do. And when you need help ask someone or an adult to help you with what you are doing. Keep learning about stuttering so that if people ask you, you can tell them why you stutter and you can teach them about stuttering.

Ryan, 8
Ft. Worth, TX



Hi, my name is Isabelle, and I'm 10 years old. My birthday is August 27. I'm a kid who stutters. My hobbies are art, frogs, books, and cleaning. When I first stuttered, I thought I was sick, but now I know it is regular to stutter. Kids that stutter, just know you are never alone. It's normal. You are special the way you are if you stutter.

Isabelle, 10, Watsonville, CA

CAROLINA PANTHERS

Hello, my name is JD. I'm 14 years old and I'm from Wilmington, North Carolina. I'm in the 9th grade and about to go to the 10th grade. I like to play football, basketball, and play games online. My family said they noticed a stutter around 3 years old. I really noticed it in the 3rd grade and that's when I started to get help with my stutter. I went to a speech therapist at my elementary school for the last 3 years of elementary. It helped a little, but the stutter was still noticeable.

I went to an out of school speech therapist starting in 5th grade. It helped a lot but going into the 6th grade I was getting frustrated, and I didn't want to talk out in class. I would avoid interacting with people or speaking out in class, although towards the end of the year I got more comfortable talking with the friends I made. That made the last 2 years of middle school a lot easier. I was still going to a school therapist once a week at that time, which I have continued in high school.

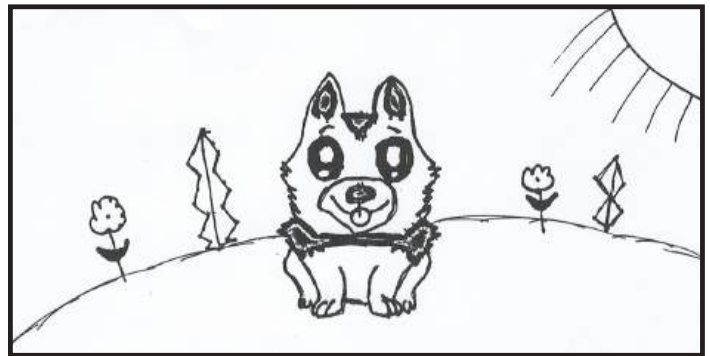
Now I don't mind speaking out loud in class and I'm comfortable with my stutter. A stutter shouldn't prevent you from speaking and letting your voice be heard. You just have to learn how to be comfortable with your stutter.

JD, 14, Wilmington, NC



Hi, my name is Jase. I am in 5th grade. I am 11 years old, and I play football. I like to ride my ATV and play with my dog. I have 1 dog. His name is Duke. He is very energetic. Some of my favorite foods are ribs, burgers, and Caesar salad. Sometimes I stutter and sometimes I use slow and stretchy speech. I sometimes get mad when I mess up, but I always calm down after I do it. I want to be a football player when I grow up.

Jase, 10, Bloomington, IN



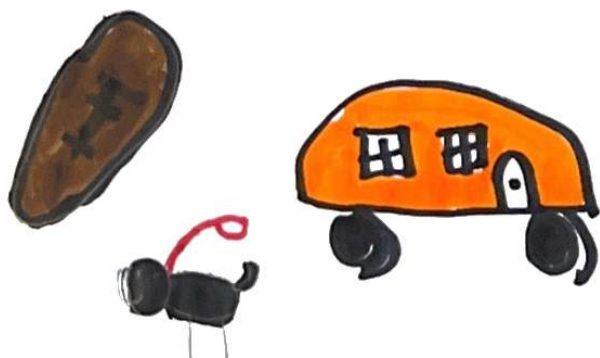
Hello, my name is Charlotte. I have one brother; he is 7 years old. I am 8 years old. I stutter a lot. I am sometimes bullied. But I don't care what others think. I stutter whenever I read out loud. I have two mixed GSDs. They are big and super cute! Whenever you stutter and other people laugh, block them! Block them from getting into your mind and feelings.

Charlotte, 8, Upland, CA



Hi, my name is Santiago. I like Sanrio Company, Studio Ghibli, and Molang cartoons. Pastel colors are my favorites. I want to learn more English and improve my accent. Sometimes I stutter when speaking. That's why I'm so glad to be a part of speech class with my speech teacher.

Santiago, 9, Uniontown, PA



My perfect afternoon



Hi my name is Joshua. I'm 8 years old. I'm in 3rd grade. I sometimes stutter, but I use my strategies. The strategies I like to use are pausing and slow rate. A fun fact is more boys than girls stutter. Also did you know everyone stutters sometimes. I learned that there are different kinds of stutters. I sometimes do blocks and repetitions. Outside of school, I like to play flag football. I also like to go to the campground in Connecticut.

Joshua, 8, Worcester MA

Hi, my name is Chloe. I am nine years old and in the third grade, and I LOVE to draw. Drawing helps me unwind after a long day, or after people tease me about my stutter. When people treat me unfairly, I just mostly let them in on what stuttering is and tell them it is completely normal for some people. My favorite hobbies are drawing, cooking and dancing. I live in Johns Creek, Georgia.

Chloe, 9, Johns Creek, GA



My name is Tyler. I am 11 years old. I am moving to Nebraska soon. I have a sister who is 6 years old. I really like Fortnite, Hollow Night, and Star Wars. I stutter. I have been in speech therapy since I was 18 months old. You shouldn't be embarrassed by stuttering. Here is my haiku about stuttering in the voice of Yoda (because he is wise):

Stutter am I.
Me trying to keep control.
Cool is stuttering.

Tyler, 11, Silverdale, WA

My name is Cruze, and I am 9. I stutter when I am excited. It annoys me when I stutter. I take belly breaths when I stutter. I live in Nebraska. I love Harry Potter!!! I have seen all the movies, and I am reading all the Harry Potter books. I have 6 dogs.

Cruze, 9, Stromsburg, NE



My name is Kingston. I live in Ohio. My stutter is kinda bad but I don't let that get to me, who cares? Not me. I have a nice friend group and that's all I need. They don't care about my stuttering and neither do I. Bryce, Gardner, Christian, and Viggo don't care. If your friends make fun of you for having a stutter, they are not really your friends. Never let your stutter get to you and never let somebody else get to you. Stuttering is a part of your character you can't change it, no one can. It can be a good thing and a bad thing. I see it as a good thing because it makes you unique. Remember, don't let it get to you, always say what you have to say. Don't let your stutter hold you back.

Kingston, 11, South Point, OH





Hello, my name is William, and I am 11 years old. When I was in fourth grade I started to stutter, so I needed help with it. When I stutter, I feel like I messed up but when I use my strategies, it makes it easier to talk. Sometimes I get nervous and embarrassed when I stutter around my friends and classmates, and they hear it. Now that I am in 5th grade, my classmates know that I stutter, and they tell me that it's okay, and that makes me feel much better. I like to play soccer, and I am the goalkeeper. I like to play with friends, family and the younger ones. My favorite YouTubers are Socksfor1 and Thinknoodles. I like to cook with my mom and dad and help with the garden. My favorite books are The Wild Robot series. It's a really good series and they are making a movie about the book. I got help with my stuttering by working with my speech teacher Ms. Fairley. She has helped me so much and I'm getting better and better all because Ms. Fairley encourages me to be myself. My favorite technique to use is the Stretched Syllable Technique.

William, 11, Marietta, GA



My name is Sofia, and I am in fourth grade. I am almost 10 years old. One of my favorite things of all time is Harry Potter. My speech teacher told me to relate my stutter into a dance thing. She said, "Relate stuttering into a balance beam. It won't work when you rush through. You need to go slow." But instead, I thought of Harry Potter. It was about Dumbledore's Army in the fifth year of Harry's school. His friend, Neville, is usually the one who makes mistakes. So, in my drawing, he's in the Room of Requirement trying to work on a spell / charm.

Sofia, 10, Elwell, MI

Hi, my name is Kyle. I live in Massachusetts! I am 8 years old. I stutter. I am in 3rd grade. I like Stumble Guys! I play on the Nintendo Switch, and I want a Wii U and a Nintendo 3DS! I want to live in Japan when I'm older. I am a Jehovah's Witness.

It's okay to stutter! I am going to teach you the types of stuttering there are: repetitions, blocks, and here's a long one: pro-long-a-tions! My speech therapists taught me that.

Shout out to my speech therapists! This is to all people out there who stutter! "There is nothing to be ashamed of because you are not alone in your stuttering. People all around the world just like you stutter!"

Kyle, 8, Dedham, MA



Hi! My name is Delaney. I am 8 years old. My birthday is September 15. My favorite color is pink. I do gymnastics. I have a dog. He is very playful. I like my Speech Teacher. Sometimes I talk too fast and I get bumpy speech. One time, someone made fun of me and I felt sad. I like to use pausing and tapping and slowing down when I am talking. I feel more relaxed when I do those strategies.

Delaney, 8, West Palm Beach, FL



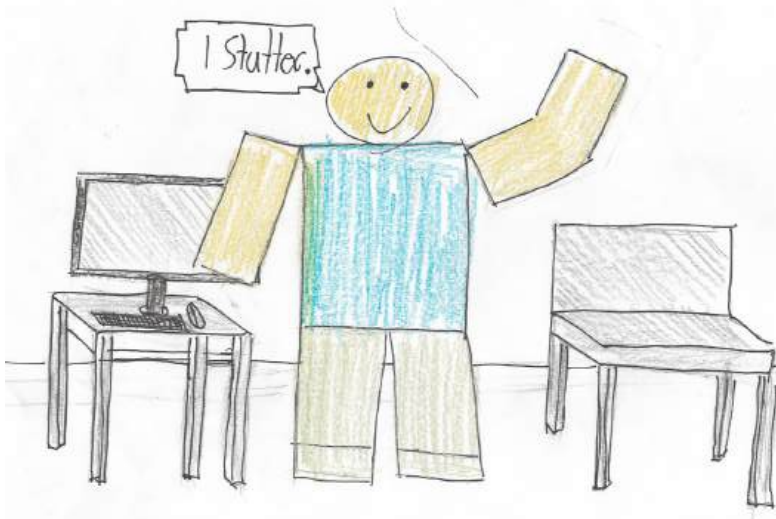
Hi, my name is Xavier. I'm in 5th grade in Mason, Michigan. I started to stutter in preschool and stopped when I was in kindergarten. Then it came back, and I still have it. I like to play football, baseball, and wrestling. I also like to do art, teach other people about stuttering, and to hang out with friends. My favorite strategies are easy onset and light contact. The type of stutter I have is prolongations, repetitions, and blocks. I like to teach others about stuttering.

Xavier, 11, Mason, MI



Hi, I'm Kyrie and I'm 8 years old. I like Japanese things, like their animated show called pretty cure. And I love drawing! I also love kittens. I stutter sometimes but I just keep on talking. When I think about good things, I feel confident. And I am from Japan. 🇯🇵

Kyrie, 8, Fort Worth, TX



Hi, my name is Edison and i am 10 years and in the 5th grade. Some things about me is that I love playing video games such as Roblox, Call of Duty, and World of Tanks Blitz. I also enjoy playing golf at home and at a driving range. Unlike everyone else, I stutter. Some things I find hard are speaking in front of crowds and sometimes my friends. My advice to people who do stutter is, don't rush while speaking and speak calmy. This will decrease the chances of you getting stuck on a word while trying to communicate with someone. Just to keep you safe, if someone is bullying you or making fun of you, just say stop, or ignore them, or even randomly compliment them. For instance, say that they have very nice shoes or say that they are really good at something. This works for me many times because they will think that you're a nice person. Stuttering could be rough but just remember that you're not the only one out there that's dealing with it.

Edison, 10, Alpharetta, GA



HI, MY NAME IS LUKE, AND I LIKE TO PLAY XBOX 1, PS5, AND MY FAVORITE SPORT IS BASEBALL. MY FAVORITE BASKETBALL TEAM TO WATCH IS THE PACERS AND I LIKE PLAYING WITH DOGS. SOMETIMES I STUTTER ON WORDS AT THE BEGINNING OF SENTENCES. I USE EASY ONSETS TO HELP WITH MY SMOOTH SPEECH. I LIKE PLAYING CATCH THE STUTTER IN SPEECH BECAUSE IT'S FUN TO LISTEN TO YOUR SPEECH.

LUKE, 7, BLOOMINGTON, IN



HELLO, MY NAME IS LUCAS. I'M 11 YEARS OLD AND I'M IN 5TH GRADE. I HAVE 2 DOGS NAMED COOKIE AND CHANCHO. I LIKE TO DRAW AND PLAY VIDEO GAMES. WHEN I STUTTER, I LIKE TO PAUSE AND THINK WHAT I WANT TO SAY. I LIKE TO TALK; STUTTERING DOES NOT STOP ME!

LUCAS, 11, UPLAND, CA



Hi, my name is Adam, and I am 13 years old. I live in KY, and I am a person who stutters. I love karate. I have learned confidence and made new friends. I like basketball, toy soldiers, and playing with my brothers. I also like to collect things like army men, rocks, crystals, Pokémon cards, and stamps.

Sometimes when I talk it gets hard and frustrating. My words get stuck. They can get stuck in my lips, teeth, tongue, and voice box. I go to speech therapy. I have learned tools to make talking easier with other people. I know how to use easy relaxed speech and pausing to make talking easier. I can also use cancels and slides when stutters happen. Sometimes I practice doing fake stutters, so I know what to do when a real stutter happens.

It's ok to stutter. Sometimes talking is hard but don't give up. Over 80 million people in the world stutter. Don't try to hide stuttering because it might make it worse. You can still be really good at communicating even if you stutter. You can be anything you want to be. Don't let stuttering hold you back.

Adam, 13, Covington, KY

HI! MY NAME IS NATALIE. I'M IN 6TH GRADE AT VALLEY VISTA. I LOVE SAILOR MOON, MANGA, AND MY TWO CATS. WHEN I STUTTER, I GET REALLY FRUSTRATED AND I FEEL LIKE I CAN'T DO ANYTHING ABOUT IT, BUT THAT IS FAR FROM TRUE! A STRATEGY THAT CAN HELP IS TAKING A DEEP BREATH, AND SAY TO YOURSELF, "WHAT'S SO BAD ABOUT IT?" STUTTERING IS REALLY TOUGH, BUT WHEN YOU THINK ABOUT IT, WHAT IS SO BAD ABOUT IT? STUTTERING IS NORMAL, SO ENJOY THE BETTER QUALITIES THAT YOU HAVE!

NATALIE, 12, BONITA, CA



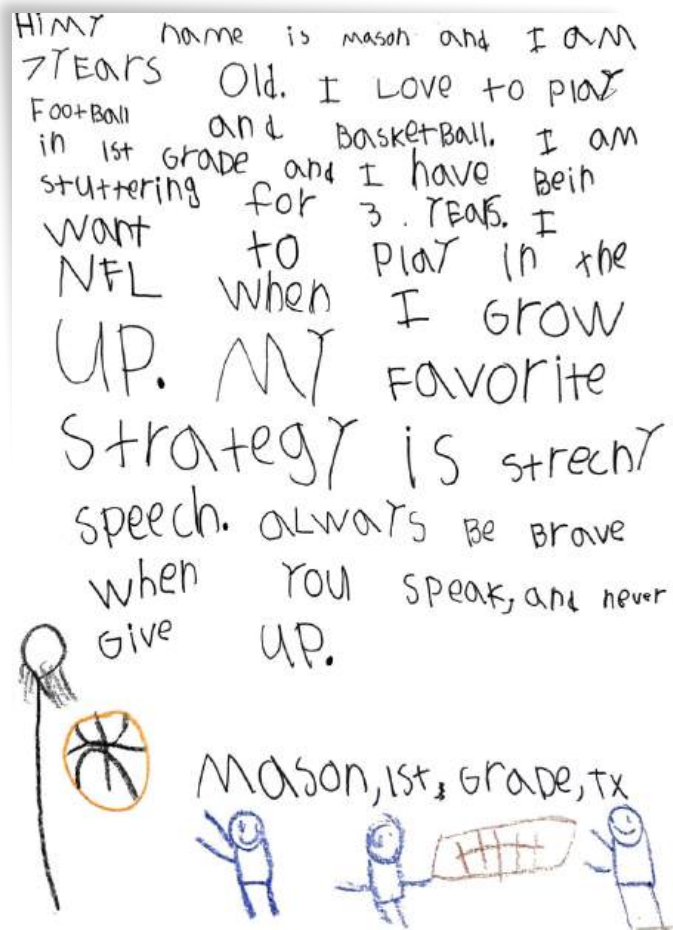
STUTTERING SCRAMBLE

FIND THE PUZZLE SOLUTION ON PAGE 22
(but no cheating!)

1. ISNHGRPA
2. AGCOT CHNTILT
3. HTGEICTSNR
4. SPTINITEROI
5. UTOL PUL
6. RABTHEE
7. OSLBKC
8. TERPNIUSTGDSEUOT
9. AIPGUNS
10. YBNO NUIEASGC
11. OTWL AKSL
12. CTDREED RAEU
13. LARONOPGINOST

KEY WORDS

REDUCED RATE
PROLONGATIONS
PHRASING
BREATHE
BLOCKS
EASY BOUNCING
SLOW TALK
REPITITIONS
LIGHT CONTACT
STRETCHING
PULL OUT
PSEUDOSTUTTERING
PAUSING

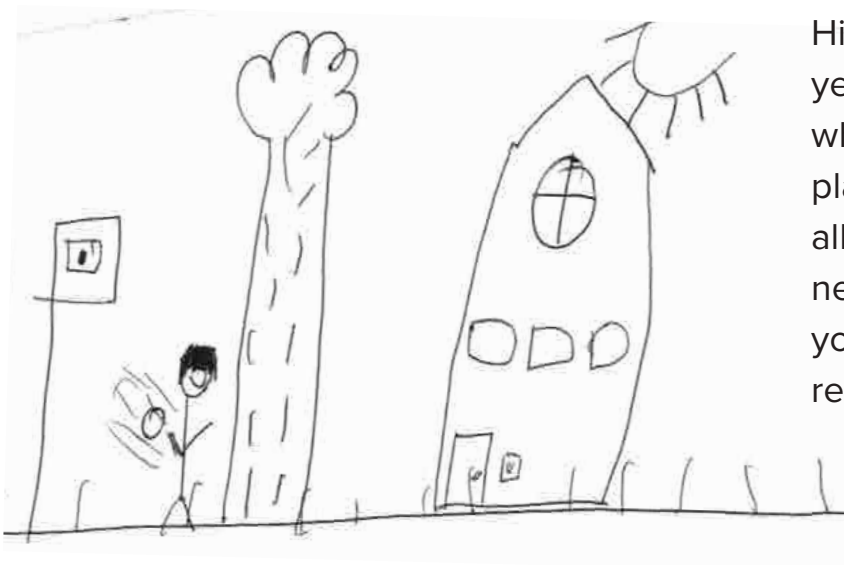


I am a person who stutters sometimes. When I stutter, people won't understand me. Sometimes I have a repetition and sometimes a block. Some tools I use to help with my stuttering are to stop and think about what I want to say. I turtle talk

and then keep going and then turtle talk again. When I stutter, it's helpful if you don't talk. Did you know that I saw Taylor Swift stutter? I am special to my family. I like to eat gum and play with slime. I have one dog and two kittens. I also go to speech at CMU.

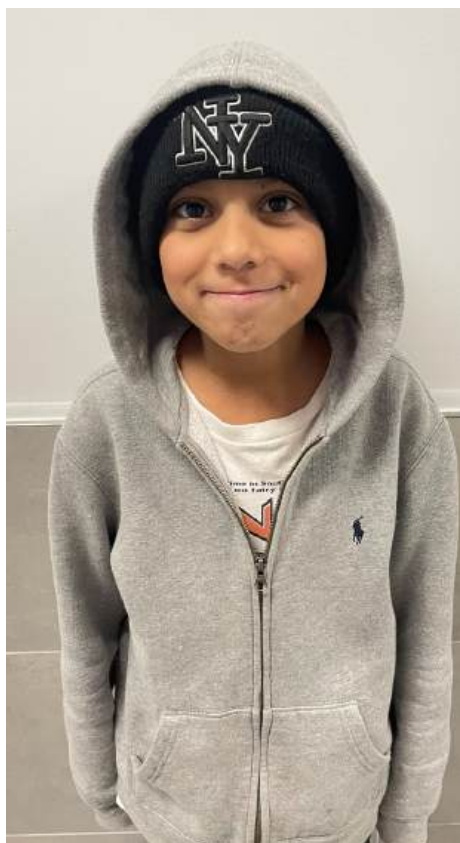
Anna, 8, Mt. Pleasant, MI





Hi, my name is Yannick, and I am 8 years old. I first started stuttering when I was 6. I like to play games and play puzzles. I also like drawing. Not all speech tools work, it is just trying new ways to talk. Never give up on your dreams. Kids who stutter are just regular kids.

Yannick, 8, Riverside, CA



Hello, my name is Max. I am 9 years old, and I live in Austin, Texas. I love Fortnite and my mom and my dad. What helps my stuttering is when I start over when I am stuck on a word. I want other people to know that stuttering is not a big deal.

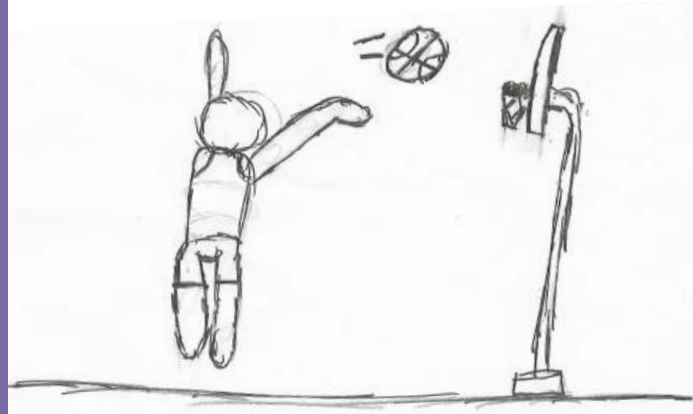
Max, 9, Austin, TX



Hi my name is Cole. I am 8 years old. Some of my hobbies are playing basketball, swimming and baseball. Some of my favorite foods are Bacon, Hamburgers, and Chicken nuggets. My stuttering strategies are taking deep breaths, easy onsets and relaxation strategies. I feel happy about stuttering because it makes me different from others. cole 8 south hadley, ma

✓ SOLUTION TO WORD PUZZLE ON P. 19

- | | |
|------------------|---------------------|
| 1. PHRASING | 8. PSEUDOSTUTTERING |
| 2. LIGHT CONTACT | 9. PAUSING |
| 3. STRETCHING | 10. EASY BOUNCING |
| 4. REPETITIONS | 11. SLOW TALK |
| 5. PULL OUT | 12. REDUCED RATE |
| 6. BREATHE | 13. PROLONGATIONS |
| 7. BLOCKS | |



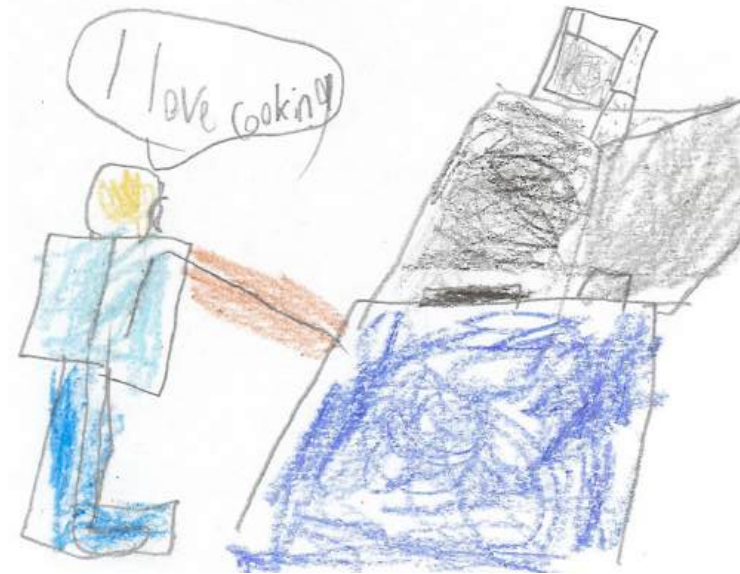
I am Nasir, and I am 10 years old. I like to play basketball and play 2K24 on my Playstation 5. I started stuttering in Kindergarten. What helps me is easy onset and slow rate. If you stutter, know that it is the way you talk and don't let anyone make fun of you.

Nasir, 10, Asbury, IA

Hi, my name is Ethan and I'm in the fourth grade. I like turtles and my favorite thing to do is to cook. I like to jump on the trampoline with my friends. I don't like stuttering because many people make fun of me.

Sometimes they copy what I'm saying then laugh at me. So, a little advice on stuttering- don't react when they make fun of you. Just walk away and tell the teacher. It also helps to have a nice group of friends who understand what you are going through. One more thing- my favorite strategy is light touch because it makes me feel like I don't have to tense up my mouth. This has helped me speak during a presentation in front of the class.

Ethan, 10, Johns Creek, GA



Hi, my name is Max. I live in Garden Grove, California. My favorite thing to do is play baseball or American football. I go to school at Enders Elementary. I have two big brothers, Kyle and Owen.

I have been stuttering ever since I started to talk. I noticed that I blocked or prolonged mostly beginning sounds. I have a hard time doing presentations. I am also nervous talking in front of people. I am most comfortable around my friends and family.

Stuttering could be bad, but you can overcome it with tools. Don't let stuttering overcome you. Continue to be the amazing person you are!

Max, 11, Garden Grove, CA



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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