THE STUTTERING FOUNDATION®

www.StutteringHelp.org SUMMER KIDS 2025 A Nonprofit Organization Since 1947...Helping Those Who Stutter



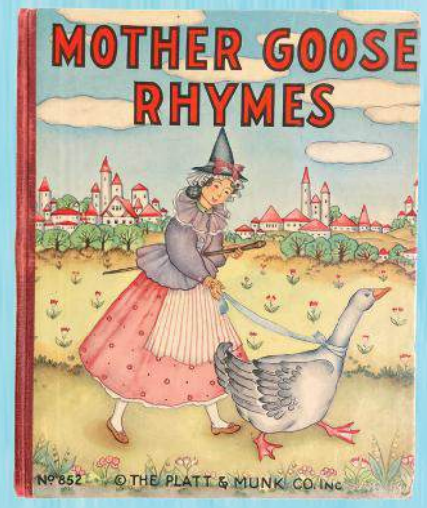
VOLUME EIGHT

KIDS LETTERS

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

Dr. Mother Goose

The Positive Role of Nursery Rhymes in Stuttering Therapy



Teachers have intuitively known the secret for years: nursery and counting rhymes have an important place in the learning process. But what can we learn from this from a therapeutic perspective?

Nursery rhymes constitute an amazing source for language learning and speech therapy, because they represent some of the fundamental aspects of each language, and their universal presence –all languages have nursery rhymes and many languages have the same –indicates the huge universal impact on language learning for the young child.

The fundamental aspects of nursery rhymes and counting rhymes are the rhythm and the typical phrase melody of a specific language, the repetition of rhymes, of sounds and consonants, the alternation of stressed and unstressed syllables. The “non serious” context of nursery rhymes and counting rhymes with nonsense words included is another important aspect of their specific role in learning and in therapy. They are learned for fun.

by Prof. Dr. Henny Bijleveld,
Université Libre de Bruxelles

Humpty Dumpty sat on a wall
Humpty Dumpty had a great fall



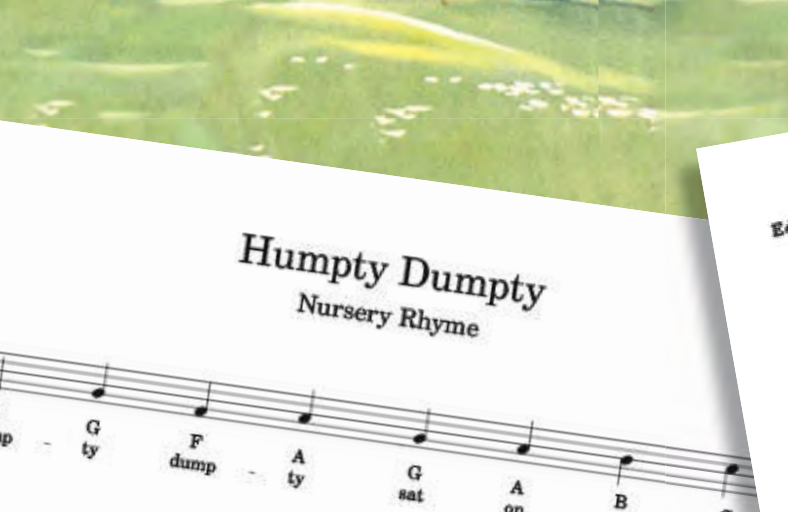
Humpty Dumpty, also recited in a typical rhythm, has the repetition of /a/ in /sat, had, and again/ in opposition to /a/ in /wall, fall, all/ is learned in the same way: repetition-opposition and rhyme with the same simple beat of stressed and unstressed syllable. Accent and intonation are the basis for emerging communication.

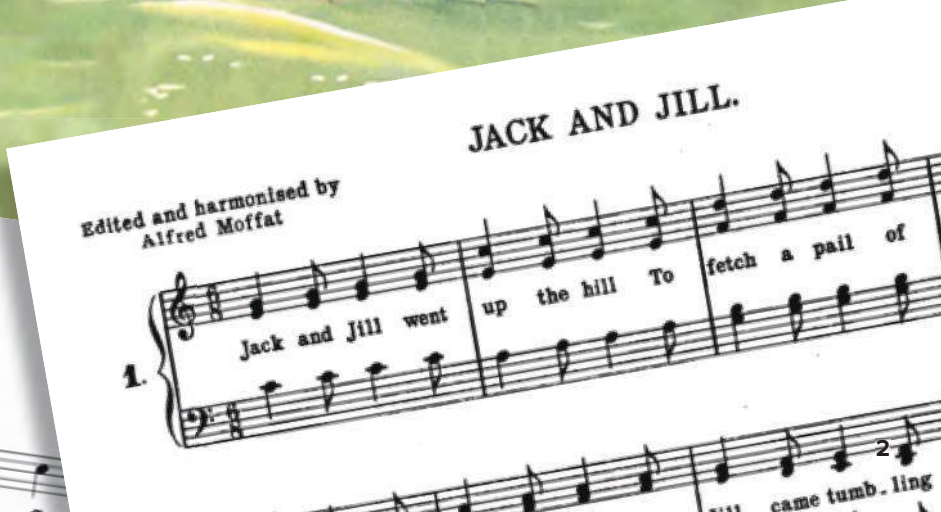
Jack and Jill went up a hill
to fetch a pail of water



Jack and Jill is sung in a typical rhythm, with a stressed syllable followed by an unstressed one. This simple beat (/ -/-/-/) helps the child to easily follow the phrase and to learn in repetition new sounds in opposition with the first consonant repeated.

When singing the nursery rhymes or counting rhymes, the child learns to repeat the correct accent and pronunciation of familiar but different sounds in the correct phrase rhythm.





In the clinical setting of stuttering therapy and in the home environment, both rhythm and easy rhymes that receive the accent, help the child to master beginning sounds that constitute a difficulty. Moreover, the nonsense words in the rhymes alleviate the linguistic burden of the speech output and therefore help the child to experience stutter-free speech in a pleasant way, just for fun.

The nursery rhymes and counting rhymes are fun for the child and the family, making the child inclined to repeat them over and over. They can give a child the feeling that speech is easy and can help regulate the respiration, which helps the child in mastering language in a smooth, easy-going way.

What do nursery rhymes and music teach us about cerebral activity in relation to stuttering?

Music (and the positive feelings, emotions that music cause to arise) attracts attention and concentration through the neurotransmitter dopamine, which affects the hippocampus and the frontal cortex in a positive way, in order to stimulate memory.

While singing a song, music and language work together, provoking an interaction in brain activity: the words and the phonological processing appeal in most cases to the activity of the left hemisphere (Broca's area, the left temporal and parietal lobes). The melody and the pitch are generally processed by the right hemispheric regions (right prefrontal, superior temporal lobe. In this way, the left and right hemispheres collaborate in order to produce fluent speech production.

The subtle variations in tone, timing, pitch and accent are learned thanks to this collaboration of the two hemispheres.

In a study by Vannest et al. (2009, American Journal of Roentgenology, 192: 1190-1196), observing brain activity in children during passive listening to speech and non-speech sounds, "bilateral activity in auditory processing regions" was noted. When singing, the sung intonations increase stress and duration elements and amplify normal speech contours. In this way, the melodic speech -the sung rhymes- resembles the way parents speak to their little baby. And it seems that just this way of speaking in this specific melodic rhythm creates the basis for the understanding and acquisition of language.

When phrase structure and musical structure coincide in the rhythm of stressed and unstressed syllables, learning is facilitated. And fluent speech is enhanced. This reminds us of the words of Van Riper (1987) "music serves as a carrier for communication".



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.

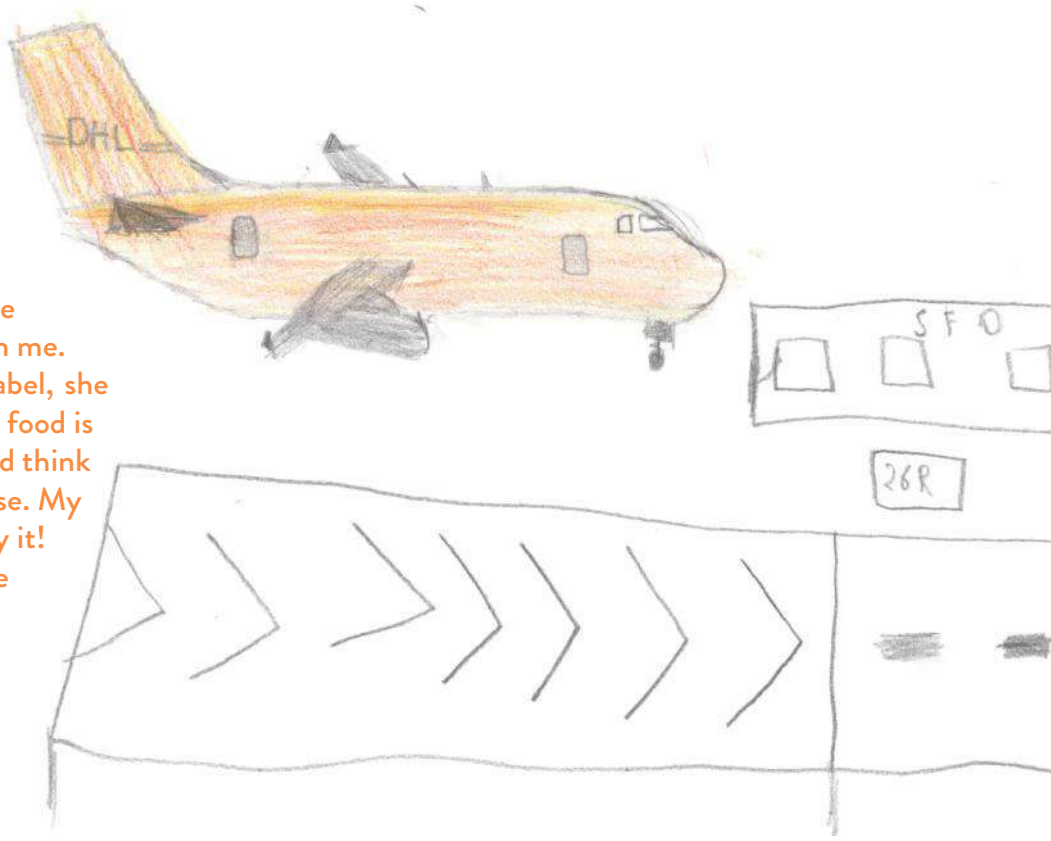
Today, the Foundation purposes to feature kids' letters in every newsletter and respond to each child who writes with anote of advice, encouragement, and heartfelt thanks from the SFA team.

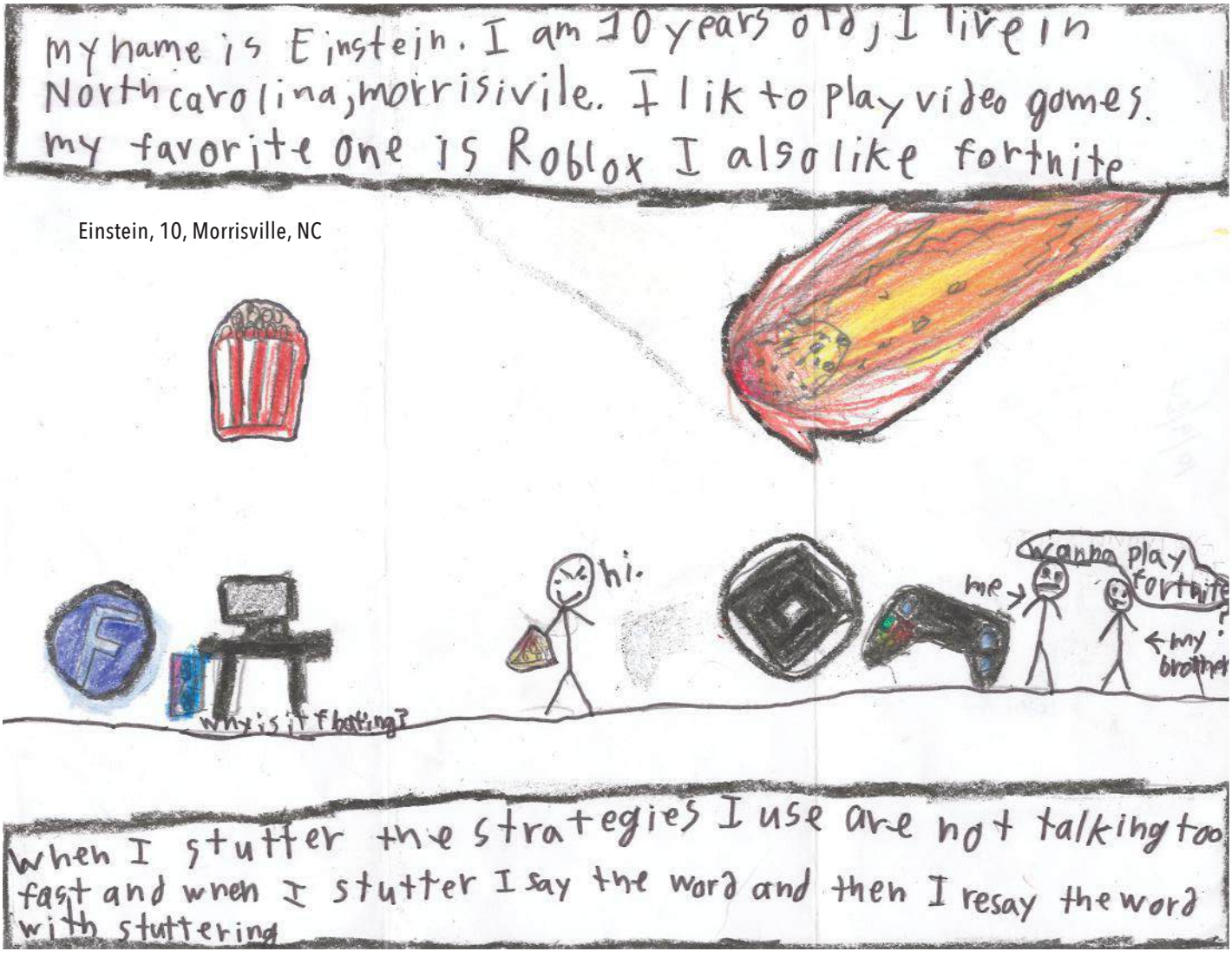
SUBMIT YOUR OWN ARTWORK AND LETTER!

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

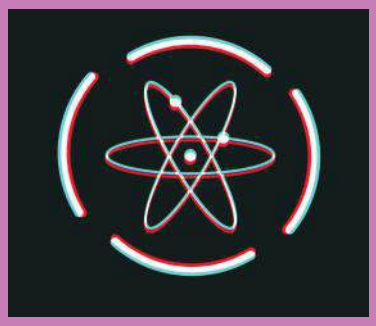
Hey! My name is Cameron.
A fourth grade, 9 year old boy who loves swimming, baseball, and plane spotting. I live in Santa Clara, California. I love to play Roblox, and I love to go on scratch. I started stuttering when I was, I think 4. I have 2 siblings, and they're both older than me. I also have a dog, and her name is Mabel, she is black with brown on it. My favorite food is Ramen. When I stutter, I just stop and think about it. I think of what strategy to use. My favorite strategy is talking quieter. Try it! It will make a huge difference. For the people who make fun of you, ignore them, and remember that you're not alone.

Cameron, 9, Santa Clara, CA





Einstein, 10, Morrisville, NC





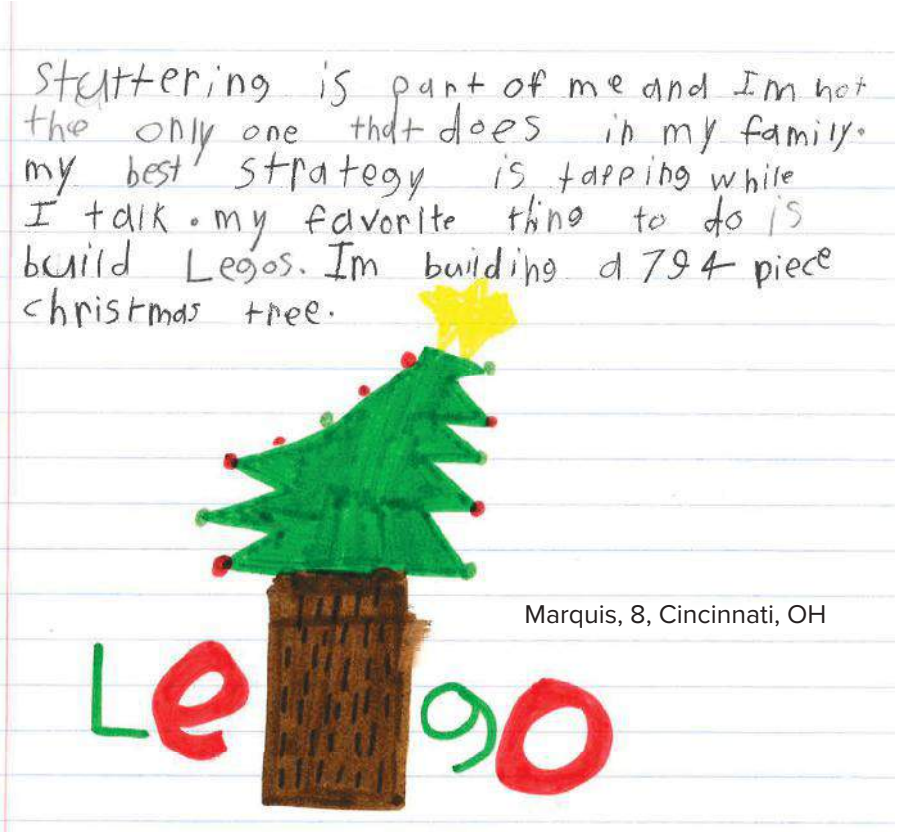
Hi, my name is Eko. I am 10 and I am in 5th grade, and I live in Orlando, FL. I have stuttering problems, but my favorite things to do are play games (rocket league, Minecraft, Roblox, etc.), watch YouTube, or go outside and play on my trampoline. I also have a HO scale model train setup. The techniques I use to stop stuttering are pausing, taking deep breaths, or stretching my first letters. Another thing that has helped me overcome my stutter, is playing online with other players with VC (voice chat). I really love rollercoasters, and I usually go to one of the Disney parks or SeaWorld to ride on them. My favorite is Kraken at SeaWorld.

Elko, 10, Orlando, FL

Hi, my name is Esme, and I am 8 years old. I like to play with my brother. He is a great brother and also very silly. The people that I love the most are my mom, my dad, and my older brothers. I like to do picnics, go to the water park and to play at the park with my family.

My favorite subject in school is math. The thing that's so important about teachers is that they'll help you learn new languages and they also make your brain get bigger and stronger. My favorite thing to do in the school is color, make crafts, and work with my teachers. I go to a bilingual school and it's the very best school because I learn different things every day. I am a stutterer. Stuttering doesn't bother me. Stuttering is not a thing that goes away on its own, it usually comes when you're speaking.

Esme, 8, Madison, WI



Marquis, 8, Cincinnati, OH

CUT AND CARRY YOUR OWN STUTTERING CARD

I Am a Person Who Stutters

Stuttering is a condition covered by the Americans with Disabilities Act

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

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

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

Fold here. Do not cut along this line.

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For more information, call **800-992-9392** or visit **www.StutteringHelp.org**

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Hi! My name is Giovanni. I am 8 years old from Texas. I am in the 3rd grade. Some things I like include football, basketball, and soccer. My football team is the Tomahawks. I play defense, offense, and the kickoff lineman.

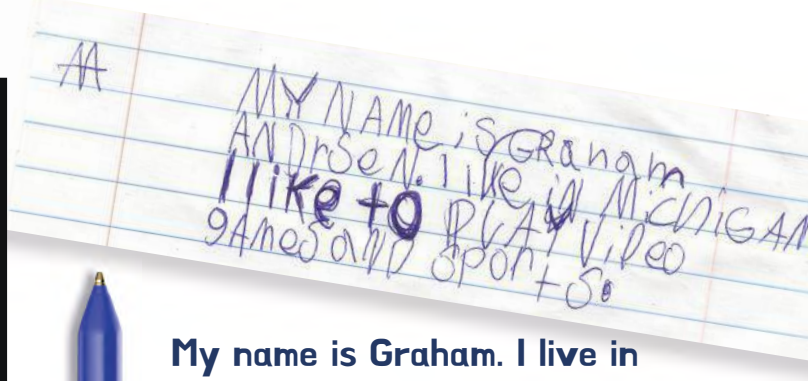
Sometimes I stutter. The types of stuttering I do most are word repetition and phrase repetition. Sometimes I have blocks too. I learned in speech therapy that it is okay to stutter. I also learned strategies that help when I stutter - easy onset and slowing down. I like going to speech therapy.

Giovanni, 8, Fort Worth, TX



My name is Evelyn. I am 7 years old, and I am in the 2nd grade. I like my family. I live in Brimfield. I learn social studies in school. I feel scared of stuttering. I go to speech. In speech I learn easy onset and light contact. I like to go to the computer lab to do P.B.S. kids. The end.

Evelyn, 7, Brimfield, MA





My name is Graham. I live in Michigan. I like to play video games and sports.

Three things I want to share with older and younger kids are:

1. Stuttering can feel lonely

2. You are not the only one who stutters

3. Don't feel mad or sad about stuttering.

Graham, 9, Grand Rapids, MI

Hi, my name is Alli. I am 9 years old, and I am in fourth grade. I live in Winona, Minnesota. I have seven pets. One fish named Bleep, one cat named Phantom, two dogs named Annie and Billy, and three axolotls named Glass, Crafty, and Monty. My three favorite colors are purple, black, and pink. I love butterflies, cats, and playing Roblox. In my free time I really like to draw. I most likely have ADHD.

I started stuttering in first grade and I still stutter. For me, stuttering is like a block in life. It is really hard to get past and I have not gotten past it yet. Stuttering can be really annoying sometimes because it does not let me speak. I find it harder to say words that start sentences, but other words can be easier. The types of stutters I have are mostly blocks and repetitions. I am always really excited to go to speech therapy. Over the past couple of years, I have learned different techniques to help with stuttering. Sometimes when I have to read out loud, I tap my lap to help with my speech.

Remember fellow stutterers, you can pass stuttering!

Alli, 9, Winona, MN





My name is Jayce, and I have stuttered for 2 years. I usually have blocks, repetitions, and sometimes prolongations. I like stretched speech. I do not like people interrupting me and wish they would wait until I am done talking. My favorite game is Fortnite, and I play every day.

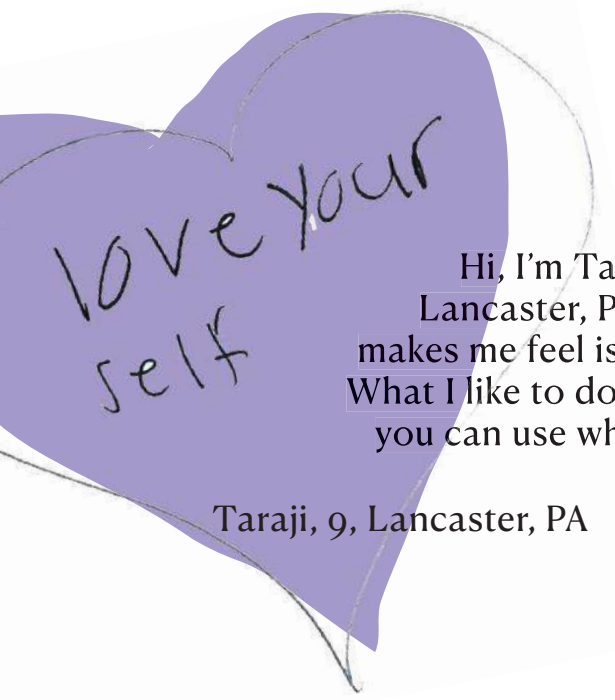
Jayce, 9, Pellston, MI

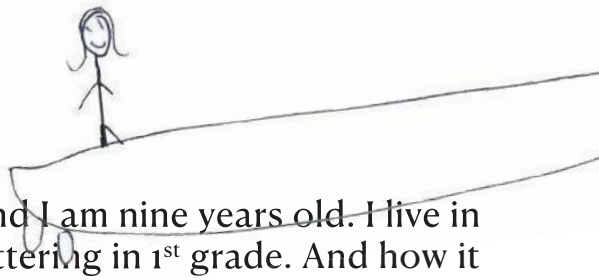
Hi, my name is John and I am 9 years old. I like playing Fortnite and Minecraft. I live in Dallas, TX. Did you know that there are 80 million people who stutter? I like the strategy light contacts. Fun fact: I am also dyslexic! I would tell other kids who stutter, you can do it! You are not alone.

John, 9, Dallas, TX









Hi, I'm Taraji and I'm in 4th grade and I am nine years old. I live in Lancaster, Pennsylvania. I started stuttering in 1st grade. And how it makes me feel is sometimes mad because I can't say what I want to say. What I like to do is play Roblox and do gymnastics and read. A strategy you can use when you are stuttering is slow speech, light contact, and easy onset. **Love yourself!**

Taraji, 9, Lancaster, PA

Hi, my name is Thanaika. Sometimes I stutter. I am ten. I am in fourth grade. I was born in Haiti, and I live in Florida. My favorite song is Ballora, and my favorite games are Roblox and Talkie.

Millions of people around the world stutter. You are not alone. Everybody stutters in a unique way. For example, if I stutter, I feel my voice box stops. Oh--and if you do not know what that is, I will tell you. A voice box is actually your vocal chords that vibrate and make sound.

When I stutter people say, "Are you ok?" or "Do you need help?", and that makes me feel miserable. I feel like I am the only one who stutters, but Mrs. Ribbler helps me to know that it is ok to stutter. Some people say that people who stutter cannot do anything. **That is <u>not</u> true!** When people say that, ignore them. You can be anything you want to be! I will tell you some facts about stuttering:



1. **More boys than girls stutter.**
2. **Students stutter in all parts of the world, in different languages.**
3. **Lots of kids wonder or have questions about stuttering.**
4. **Everyone makes mistakes when they talk.**
5. **Lots and lots of famous people stutter.**

Now my joke: Why did the chicken cross the road??? *Because it went to the speech teacher!* Always remember: Be yourself and never let someone hurt you or your feelings. I hope you learned something about stuttering.

Thanaika, 10, Plantation, FL



Hi, my name is Ellis. I am 9 years old, and I am from North Carolina. I started stuttering in the 1st grade. I like to play baseball and play Fortnite. I want to be a baseball player in the MLB when I grow up. I want to play for the New York Yankees. My favorite holiday is Halloween. I have two sisters and two brothers. I stutter the most at home. I have a technique to help. I stop, take a breath, and start again.

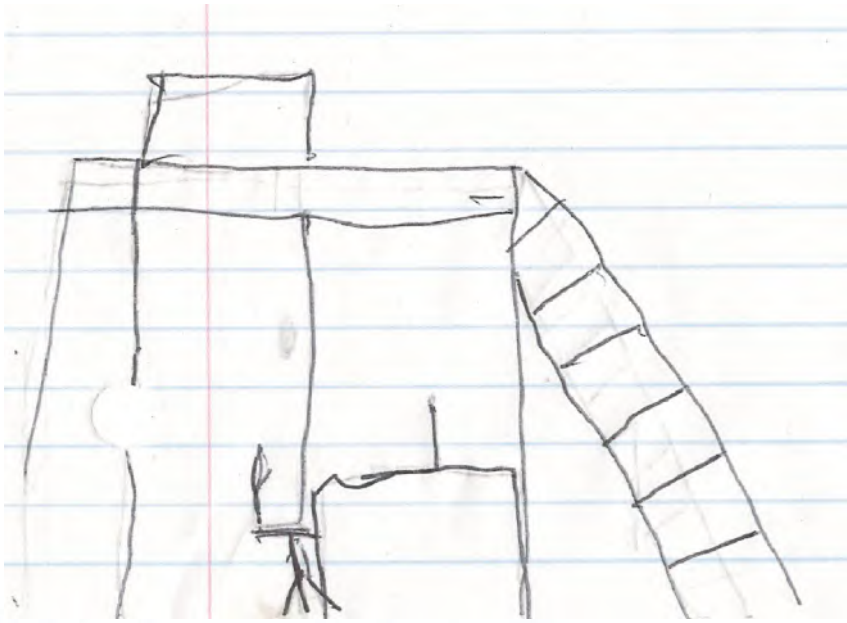
Ellis, 9, Greenville, NC

Hello, my name is Keegan, and I am 9 years old. I live in Wisconsin. I like to play soccer. And I like camping. When I grow up, I want to be an escape artist or a spaceman. My favorite genre of music is sea shanties and I'm learning to play trombone this year. And I ssssssttttutter (see what I did there?)

I started stuttering when I was about 5-6 years old. That is when I started speech therapy outside of school. Then in 3rd grade I started to get speech therapy at school. In speech we learn and practice pacing strategies, box breathing, and breath support.

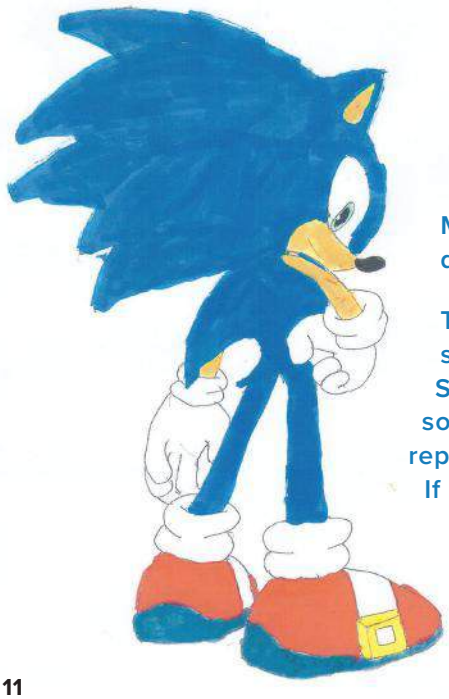
Stuttering doesn't really bother me. My advice to other kids who stutter is to not let it bother you and to embrace that people do stutter. Even great people stutter!

Keegan, 9, Trevor, WI



Hi, my name is Kobe. I am 10 years old. I am in 5th grade. I live in Illinois. I like playing Minecraft and Fortnite in my room. My room has a loft bed. I stutter and sometimes need help. One strategy that I use to help my speech is thinking about what I say before I say it. My advice to someone who stutters is to continue to love yourself and don't get mad when you stutter.

Kobe, 10, Waukegan, IL



My name is Josh, and I stutter, but that's not all there is to know about me. I like to draw Sonic the Hedgehog and play Sonic games. I aspire to be an artist in the future.

There's a lot to know about stuttering. Something that you should know is that stuttering is unpredictable. This means no one can tell exactly when it will happen. Stuttering looks different for each person who stutters. For me stuttering looks and sounds like me not being able to get out any words or stretching out my words or repeating them. The things that help me the most are light contact and easy onset. If you hear me stutter, the best thing you can do is let me finish and then ask for clarification if you didn't understand what I said.

Thank you for taking time to learn about stuttering with me.

Josh, 12, Jackson, MS



Hi, my name is Jordan, I am moving to Duluth, Minnesota. I enjoy playing hockey and I am 9 years old. My favorite hockey player is Conner McDavid.

When I get stuck on a word I let myself stutter until the word is smooth. It helps me when people let me finish the sentence or word without interrupting.

When I move to my new school I'm going to tell my teacher that I stutter so that she knows that I stutter and to not interrupt.

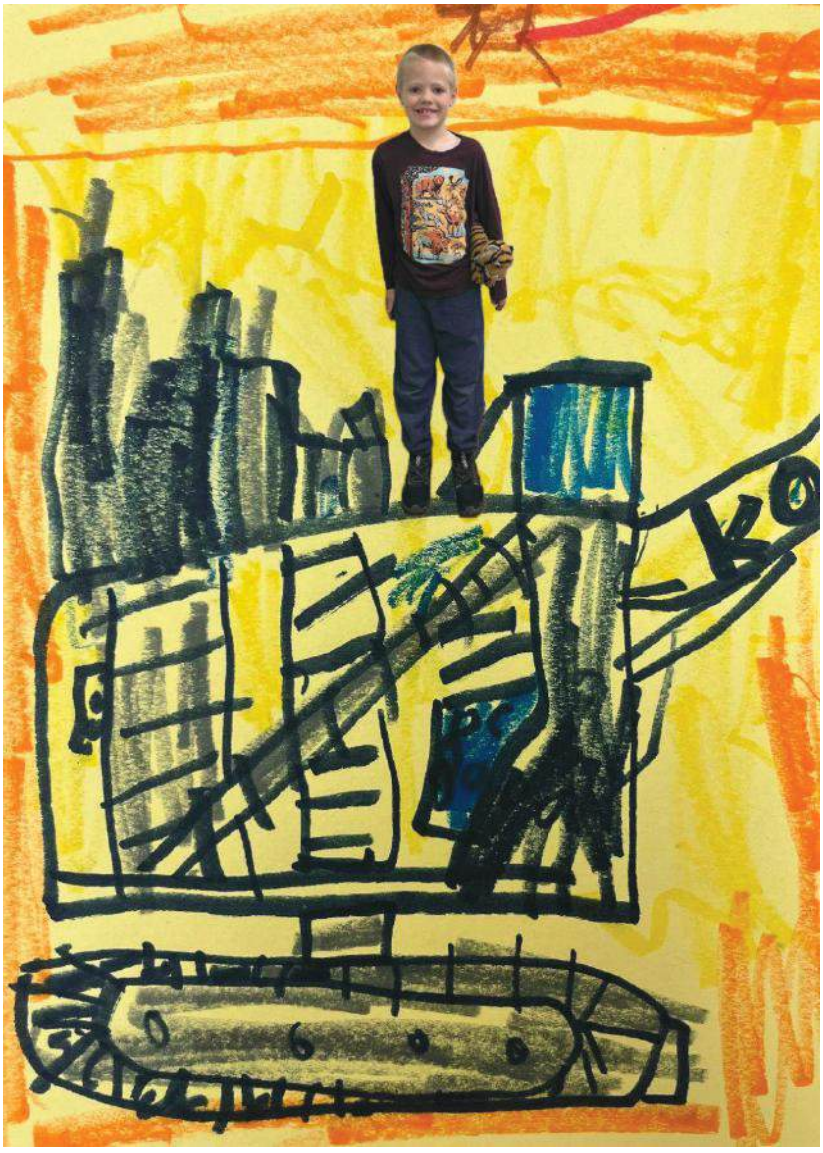
It is okay if you stutter because some NHL players do it to like Leo Carlsson.

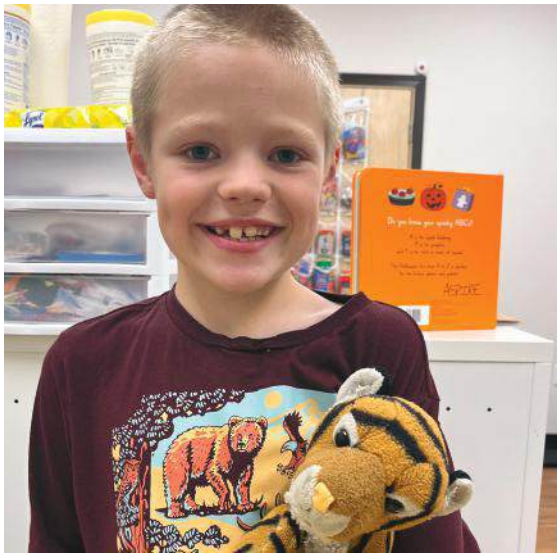
Jordan, 9, Esko, MN.



Hello, my name is Asa. I'm in second grade. I live with my dad, mom, sisters Willa, and Oona. I'm 8 years old. My favorite game is Minecraft. I do karate and I am a green belt. When I was four, I started stuttering and I still stutter. When I stutter my words get stuck. It doesn't bother me that much. I use beat speech and gentle onset to help me when I stutter. I like coming to speech to practice my tools. I want to be a ship builder when I grow up.

Asa, 8, Salem, NH





My name is Leo and I'm 8 ½ years old, and I'm in the 3rd grade. I live in Dodgeville, Wisconsin. I like Komatsu. I've been on their website before and seen their headquarters on Google Maps. Komatsu makes forestry, mining, underground hullers, above ground hullers, and the world's biggest mining loader. I like the strategy of armadillo speech, which is a strategy of slow speech. Slow speech is helpful because you don't have to stop your speech like most strategies have you do.

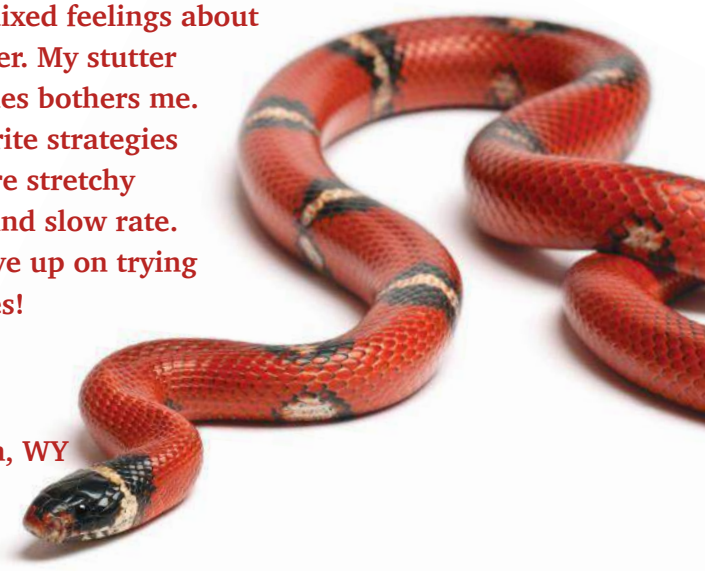
Leo, 8½, Dodgeville, WI

Hi, my name is Aimee, I'm from Ohio, and I'm ten years old. I have a little sister named Zoe and a dog named Bella. I like animals, reading, and winter. I've been stuttering since about second grade, and I'm going to speech therapy to help me with my stuttering. Sometimes, it can feel like you talk weird because of your stuttering, but stuttering is very common, and it doesn't make you different from other kids. Don't look down on yourself just because your words don't come out how others do.

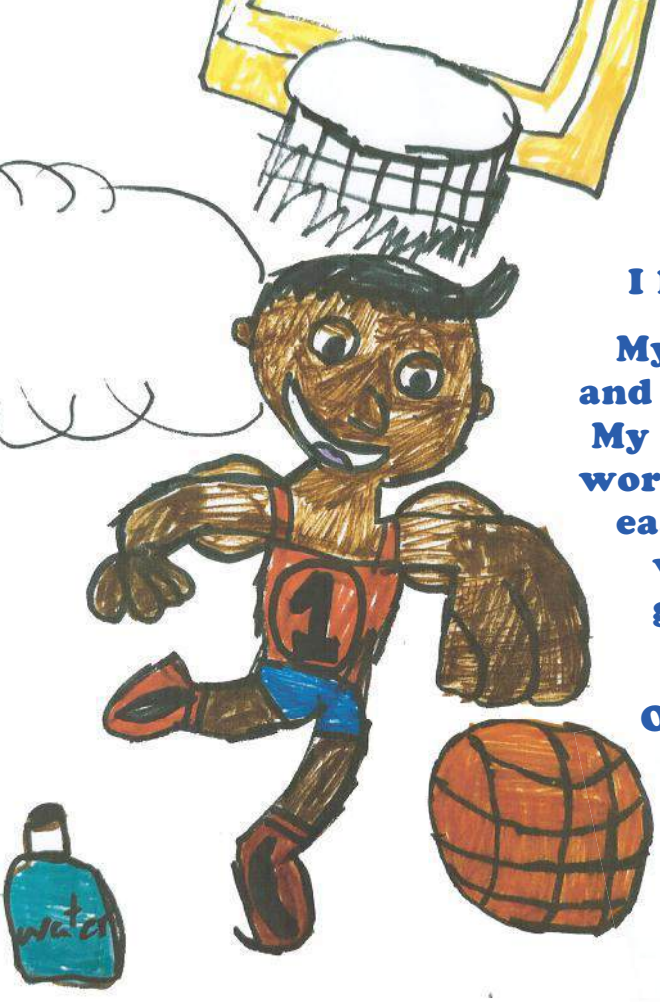


Aimee, 10
Liberty Twp., OH

My name is Fitz, and I am 9 years old. I live in Wyoming, and I have stuttered for four years. My favorite color is blue, and I love snakes. My favorite book series is Dragon Masters, I'm on book eight. I have mixed feelings about my stutter. My stutter sometimes bothers me. My favorite strategies to use are stretchy speech and slow rate. Don't give up on trying strategies!



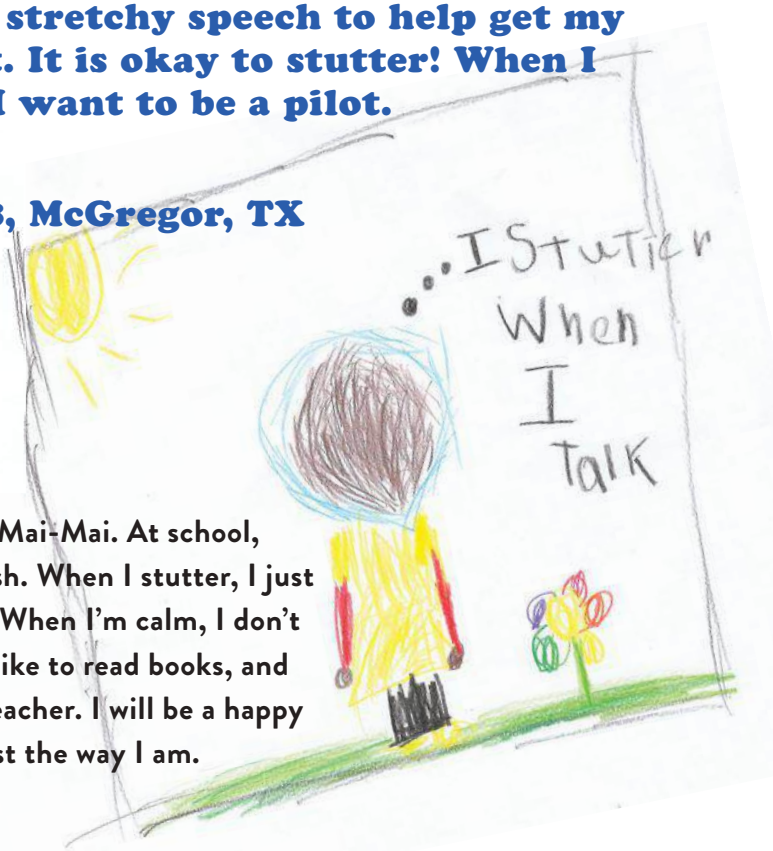
Fitz, 9
Sheridan, WY



My name is Omarian. I like to play basketball. I also like Sonic, Pikachu, and Super Mario. My favorite characters are Super Sonic, Knuckles, and Shadow. I love to eat hamburgers and tacos.

My favorite movies are King Kong, Godzilla, and The Avengers. I love my brother Bra'shon. My words get stuck sometimes, and I repeat words. I go to speech to learn ways to talk easier. I use stretchy speech to help get my words out. It is okay to stutter! When I grow up, I want to be a pilot.

Omarian, 8, McGregor, TX



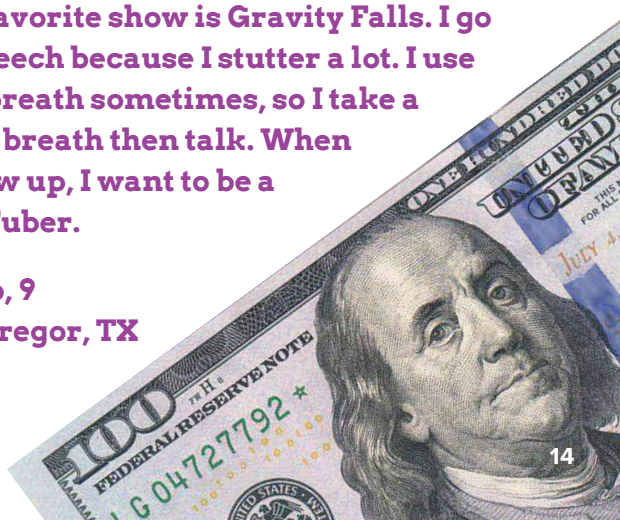
My name is Hawo. I am seven years old. At home, I speak Mai-Mai. At school, I speak English. I stutter when I speak Mai-Mai and English. When I stutter, I just try my best to speak. I like to use slow speech to help me. When I'm calm, I don't stutter as much. I like to play Fortnite with my brother. I like to read books, and I like writing. I love cats. When I grow up, I want to be a teacher. I will be a happy teacher for all of my students. I am kind and I'm happy just the way I am.

Hawo, 7, Sahuarita, AZ



Hi, I am Jacob, and I just turned 9 years old. I got over $100 for my birthday! My favorite game is Gorilla Tag on my VR. I have 2 dogs named Socks and Stitch. My favorite show is Gravity Falls. I go to speech because I stutter a lot. I use full breath sometimes, so I take a deep breath then talk. When I grow up, I want to be a YouTuber.

Jacob, 9
McGregor, TX



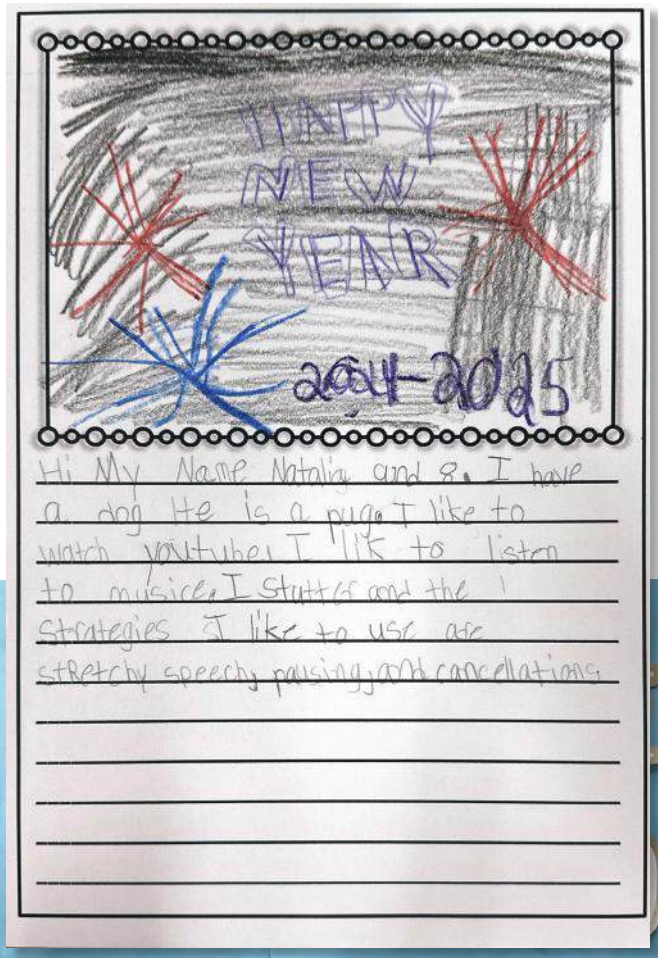
My name is Luca. I live in Irwin, PA. I am 11 years old and in 6th grade. Some of my interests are turtles, video games and sports. Even though I sometimes get made fun of for stuttering, I have a lot of friends. I have a huge collection of sports jerseys.

I have a long history of being in speech. In kindergarten, I started speech. I worked on the "th" sound as well as also trying to get better at not stuttering. I used to do speech by myself, but then in 1st grade, I got friends to do speech with. Ever since then, speech has been really fun for me. Some things that make speech class really fun for me this year are that we get to play games while we practice our sounds and fluency skills. Another reason speech is so fun is that we get rewarded for doing well. One last reason speech is fun is because it gets me out of class.

I have been made fun of a lot for stuttering, but that didn't stop me from making friends. A few tips I use really help, and I would recommend. Some of the tips I use are to stop and repeat the sentence or say the sentence slowly.

Luca, 11, Irwin, PA





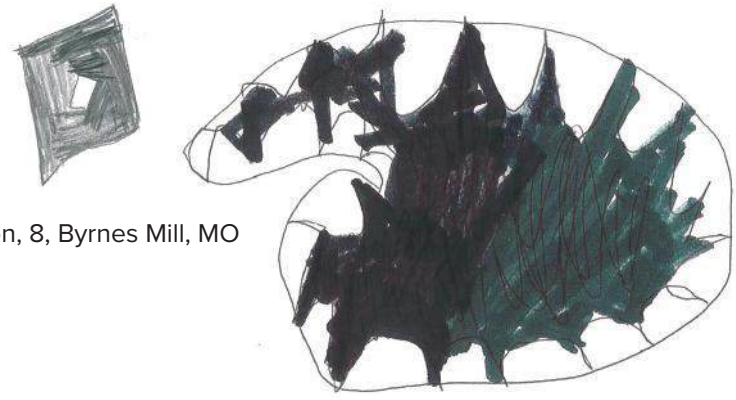
Natalia, 8, Santa Ana, CA





Hi, my name is Maryam. I am 9 years old. I live in Minnesota. I am in third grade. My favorite hobbies are gymnastics and swimming. I like to roller blade and bike with my family. My favorite book is Emily Windsnap. My favorite colors are green and purple. My favorite ice cream flavor is Monster Cookie. I also stutter. If you stutter, don't give up. Stuttering is a small deal. You should try east starts. And slow rate because it helped me. If someone makes fun of you, just say, "that's how I talk!"

Maryam, 9, Medina, MN



Jackson, 8, Byrnes Mill, MO



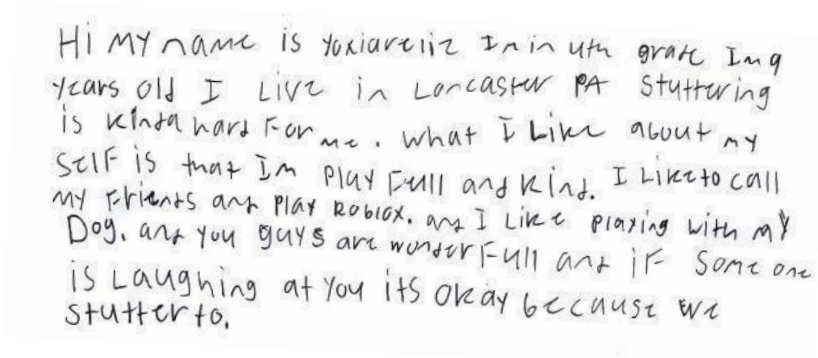
MY NAME is JACKSON. MY AGE is 8.
MY FAVORITE STRATEGY is LIGHTCONE
MY BROTHER IS ½. MY FAVORITE GAME
is ROBLOX.

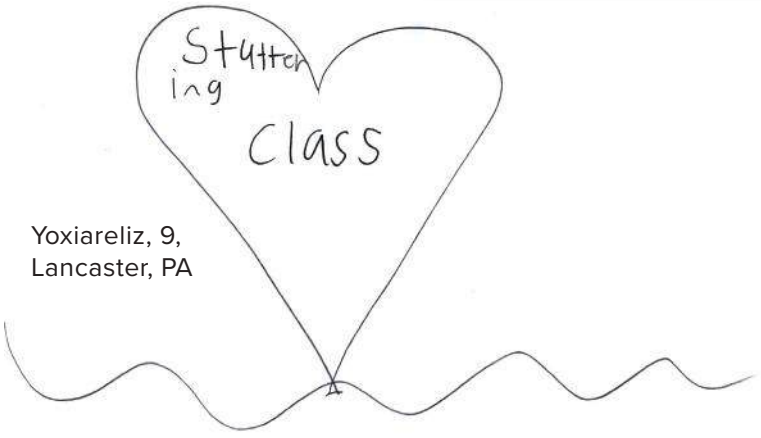
JACKSON

Name: Shreyoshi Roy
Location: Morrisville, NC

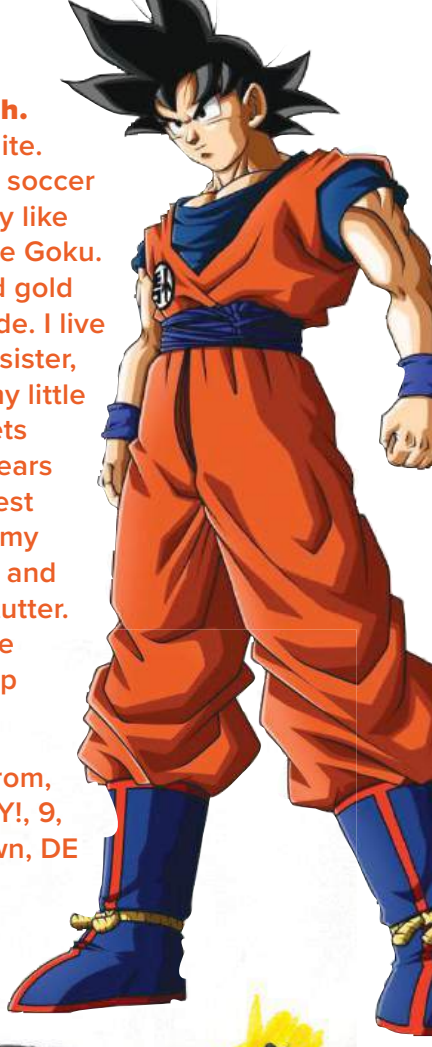
My name is Shreyoshi and I am 10 yrs old. I do not have any siblings, that's why I live with my mom and dad alone. I love drawing/singing and playing with my friends. I also like to do Swimming. When I stutter, I start from the beginning and Speak slowly. My advice to people who Stutter is that use strategies and you can try to make it better and if someone bullies you do not let them get you.







Yoxiareliz, 9,
Lancaster, PA



Hi, my name is Joseph. I love Roblox and Fortnite. So, my favorite sport is soccer and I really, really, really like Robux cards. And I love Goku. I like the color blue and gold or silver. I am in 4th grade. I live with my mom, brother, sister, and no pets because my little brother is allergic to pets that have hair. I am 9 years old. I am close to my best friends but sometimes my best friend stutters too and he helps me with my stutter. My advice is if someone is stuttering always help them and just be kind.

From,
JOEY WOEY!, 9,
Middletown, DE

STUTTER BEAST

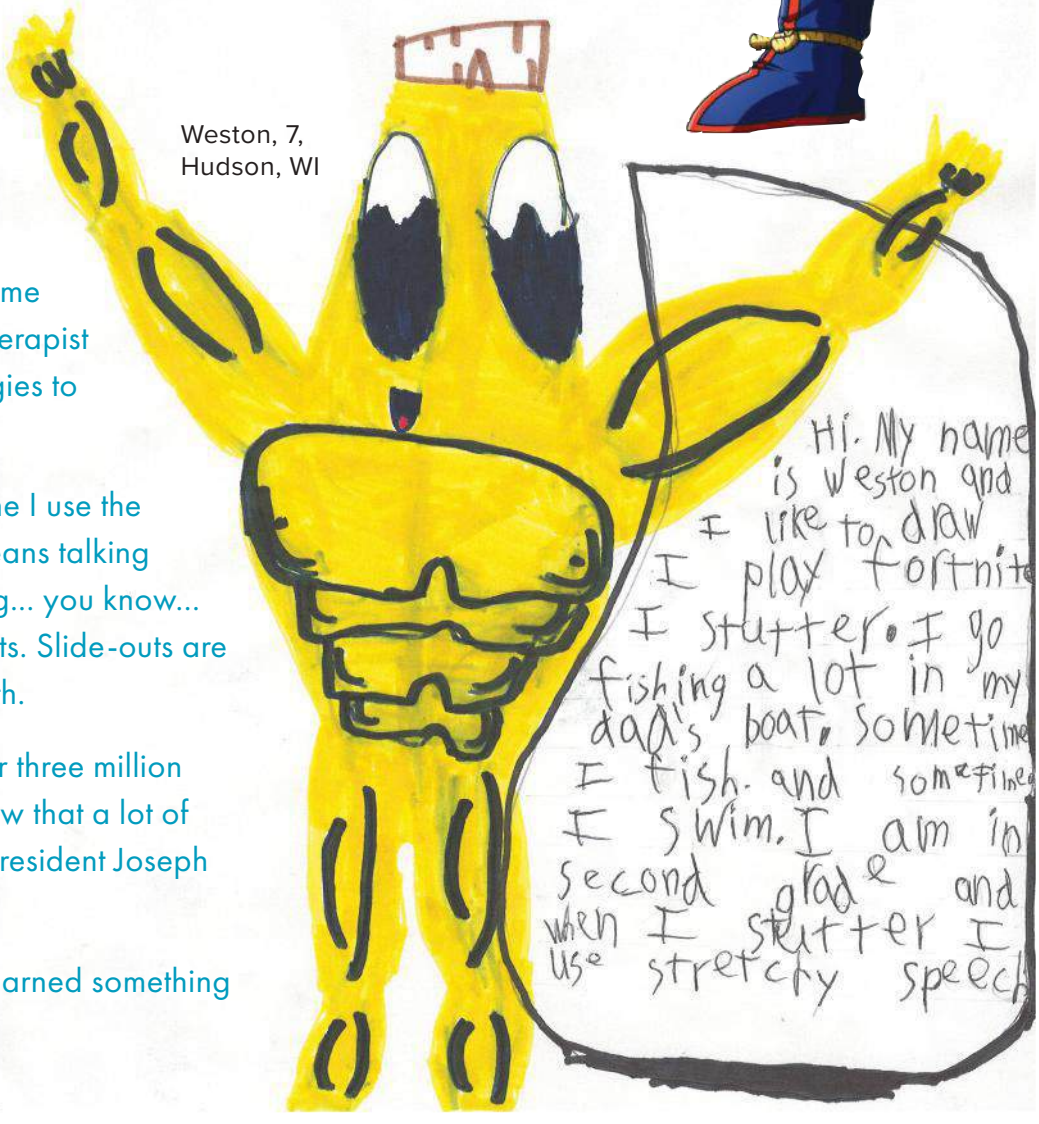
Hey, I am Dhillon. I am 10 years old, and I have a stutter beast. When it strikes, it makes me stutter like crazy. My speech therapist helped me learn speech strategies to make my talking easier.

SPEECH STRATEGIES: The one I use the most is Easy-B's. "Easy-B's" means talking smooth. Second most is Pausing... you know... Pausing. Third most is Slide-Outs. Slide-outs are when you stutter then go smooth.

FACTS: Did you know that over three million Americans stutter? Did you know that a lot of famous individuals stutter like President Joseph Biden?

CONCLUSION: I hope you learned something new about stuttering.

Dhillon, 10, Plantation, FL

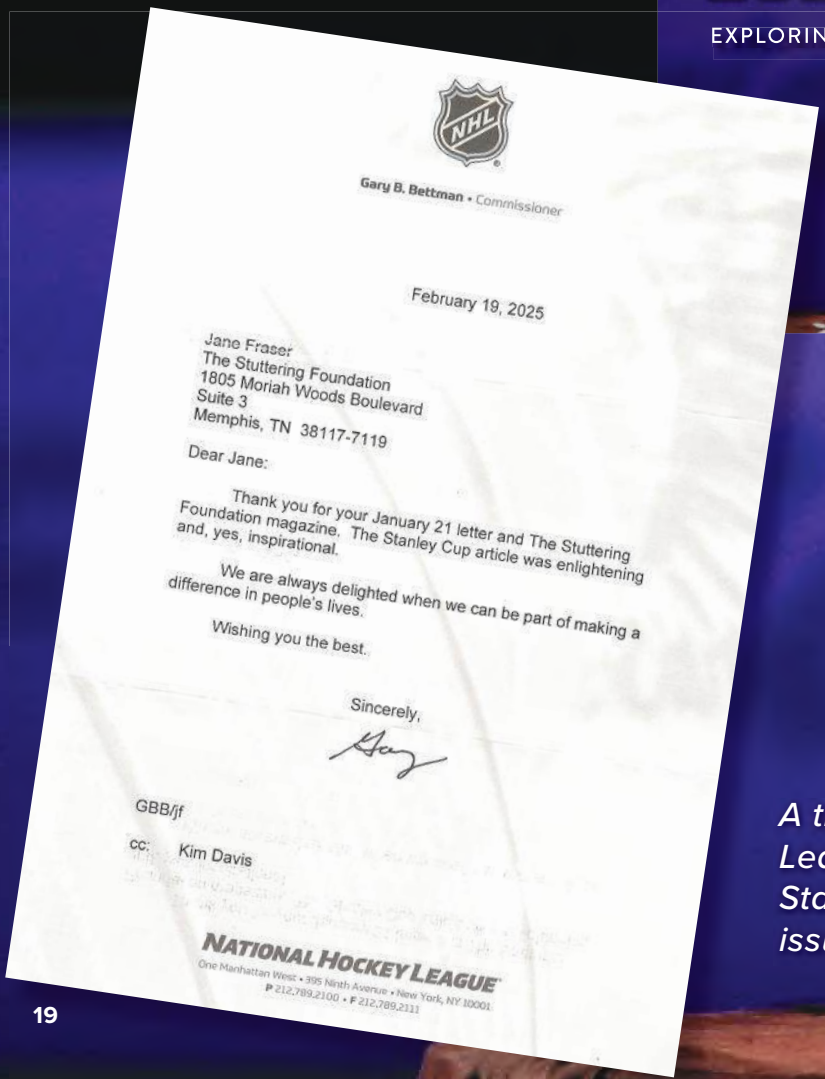


Weston, 7,
Hudson, WI



THE LORE OF LORD STANLEY'S CUP

EXPLORING HOCKEY, HISTORY, AND THE SKATERS WHO STUTTER



Gary B. Bettman • Commissioner

February 19, 2025

Jane Fraser
The Stuttering Foundation
1805 Moriah Woods Boulevard
Suite 3
Memphis, TN 38117-7119

Dear Jane:

Thank you for your January 21 letter and The Stuttering Foundation magazine. The Stanley Cup article was enlightening and, yes, inspirational.

We are always delighted when we can be part of making a difference in people's lives.

Wishing you the best.

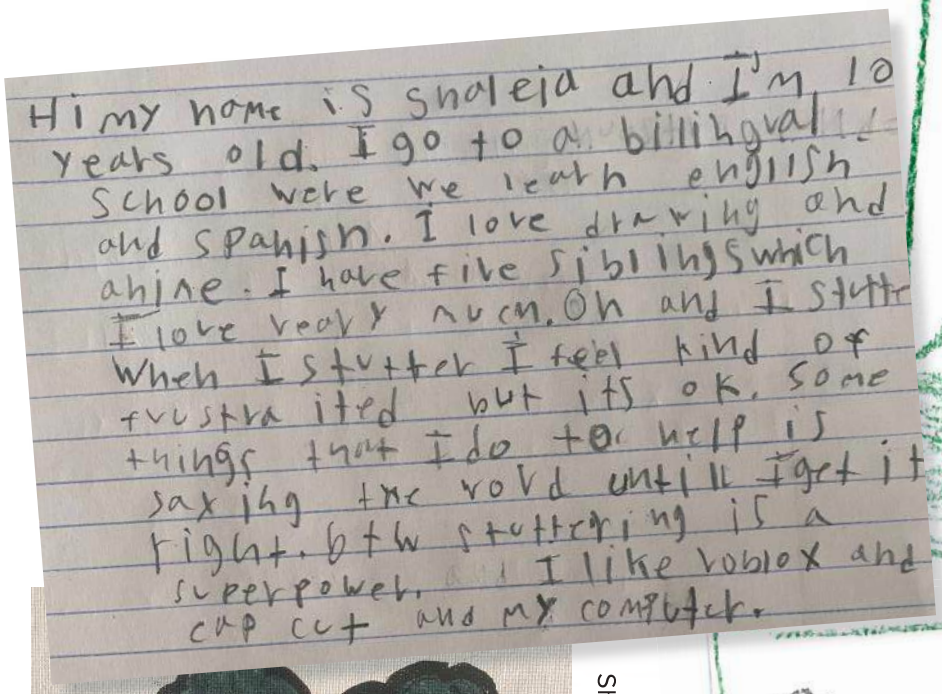
Sincerely,

GBB/jf

cc: Kim Davis

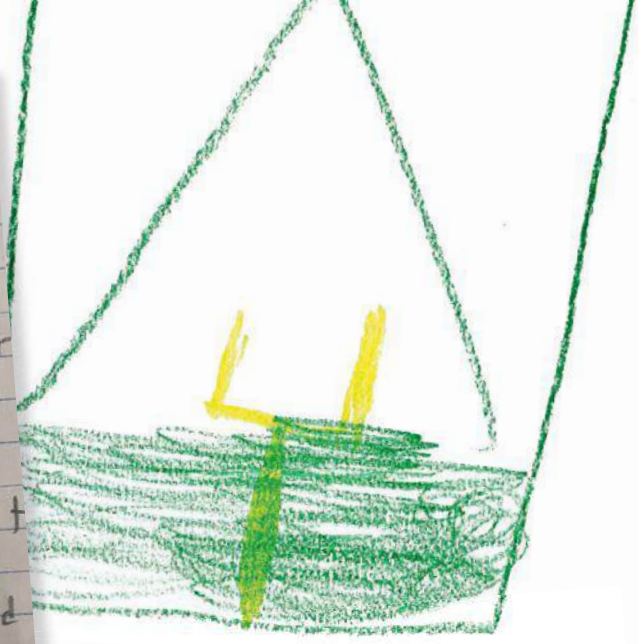
NATIONAL HOCKEY LEAGUE
One Manhattan West • 395 Ninth Avenue • New York, NY 10001
P 212.789.2100 • F 212.789.2111

A thank you letter from the National Hockey League, in response to our article on the Stanley Cup, printed in the November 2024 issue of Stuttering Foundation Magazine.


Hi my name is Shaleia and I'm 10 years old. I go to a bilingual school were we learn english and spanish. I love drawing and ahine. I have five siblingswhich I love very much. Oh and I stutt When I stutter I feel kind of frustrated but its ok. Some things that I do to help is saying the word until I get it right. btw stuttering is a superpower. I like roblox and cup cut and my computer.



Shaleia, 10, Fitchburg, WI





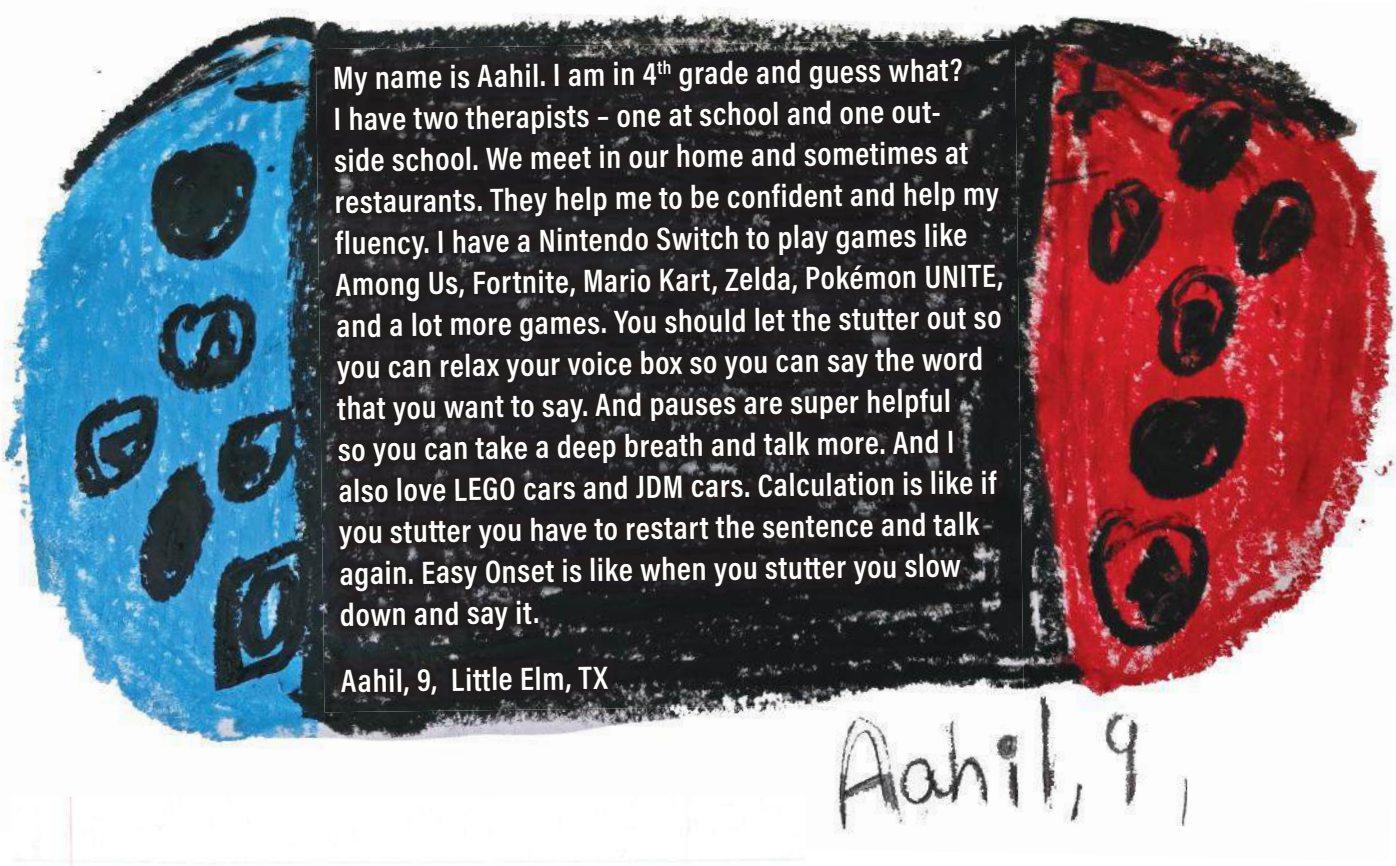
My name is Mason, and I am 10 years old. I am good at football and basketball. I'm good at video games, reading, and catching footballs and I stutter but don't give up on my hobbies. I went to speech for the first time in 2nd grade and I'm in 5th grade now and I just want to say never give up.

Mason, 10, Owasso, OK



Hi, my name is Liam, and I'm 10 years old. Some things I like to do are playing video games like Fortnight, and Legends of Zelda Breath of the Wild. My stuttering is mostly blocks and repetition. I've worked on some strategies to help me not stutter as much. I get nervous when I talk in front of a big group of people, like a presentation. I feel most comfortable when I'm talking to family like my mom and dad. Stuttering has shaped me as a person by making me more determined and taught me to never give up while speaking. My advice for other kids who stutter is, don't care what other people think of you and just because you stutter doesn't mean that you are wrong or different from other people.

Liam, 10, Pittsburgh, PA



Hello, my name is Adhvik, and I am 8 years old. I am from Graston, Massachusetts. I have a stutter. Sometimes I stutter when I think too much or when I talk too fast. When I stutter, I feel frustrated because I want to say the word without any bumps in my speech. But sometimes I just notice when I have bumby speech, and then use my strategies to fix it. I know that I can never get rid of my stuttering, but I also know that I have to control it to not have as many bumps in my speech. That's why in school I go to a speech class. People who stutter are really special. Some people who stutter are really famous and have achieved many big things. So if you stutter, don't feel odd and left out, because many people stutter. I have amazing speech teachers. Their names are Mrs. Leveillee and Mrs. Carew. Fun fact, Adhvik means unique.

Adhvik

Adhvik, 8, Massachusettes



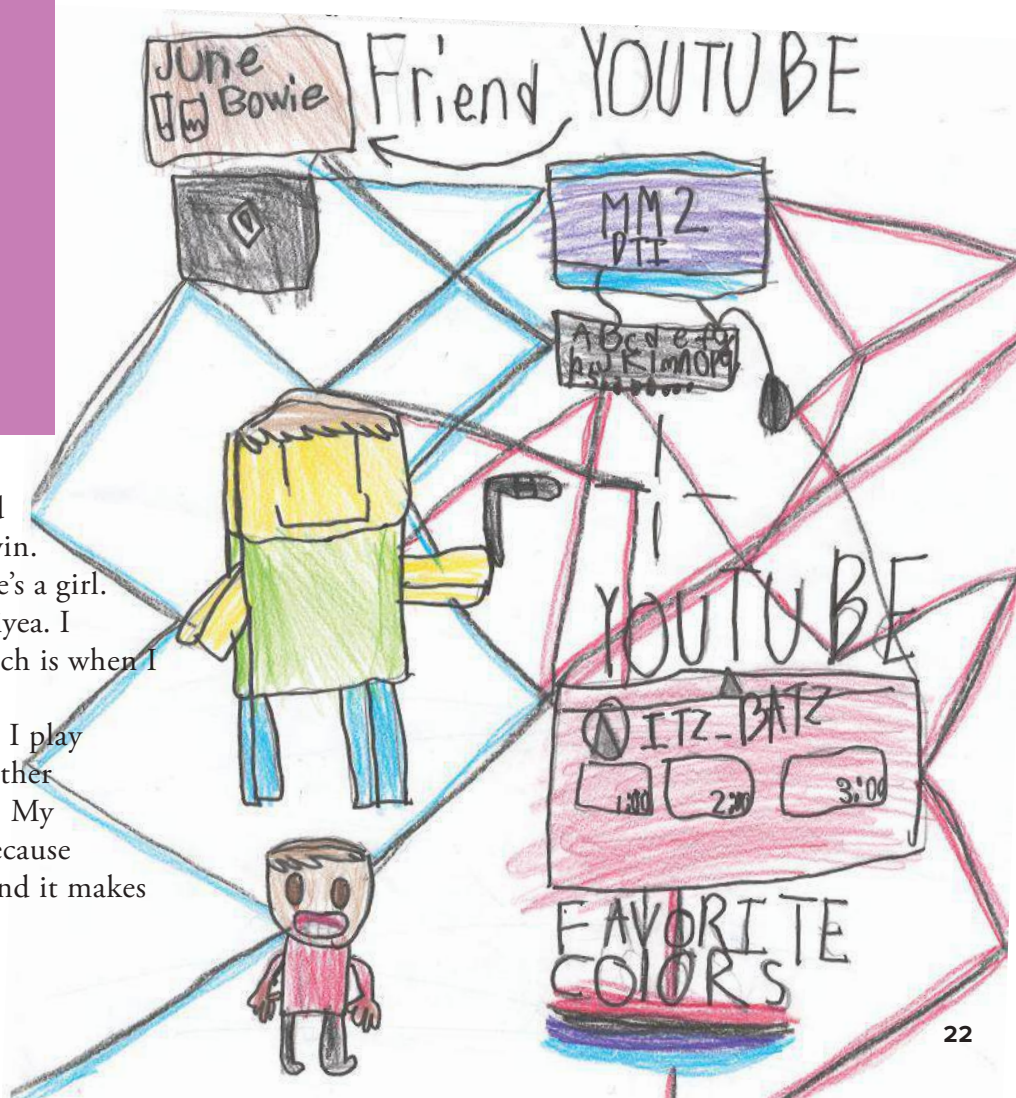
Hi, my name is Atley, and I am 11 and live in Yukon, Pennsylvania. I like to play outside. I started stuttering when I was 6. I got into speech therapy in 1st grade. I was fine for a few years and getting better but in 4th grade, on the bus, someone started making fun of me and going "uh uh uh," but I just ignored them, and they stopped. If anyone is bullying you about it, just ignore them and if that doesn't help, tell the teacher. I've found that if you stop and take a breath, it will help you!

Atley, 11
Yukon, PA

Hi! My name is Wyatt. I am in 4th grade. I live in Dallas, Texas. I play for Triumph basketball and I love pandas. I also love to play Fortnite. I started stuttering class in 2019. Fun fact - there are 80 million people in the world who stutter! My favorite stuttering strategy is light contacts. My advice for kids who stutter is don't give up!

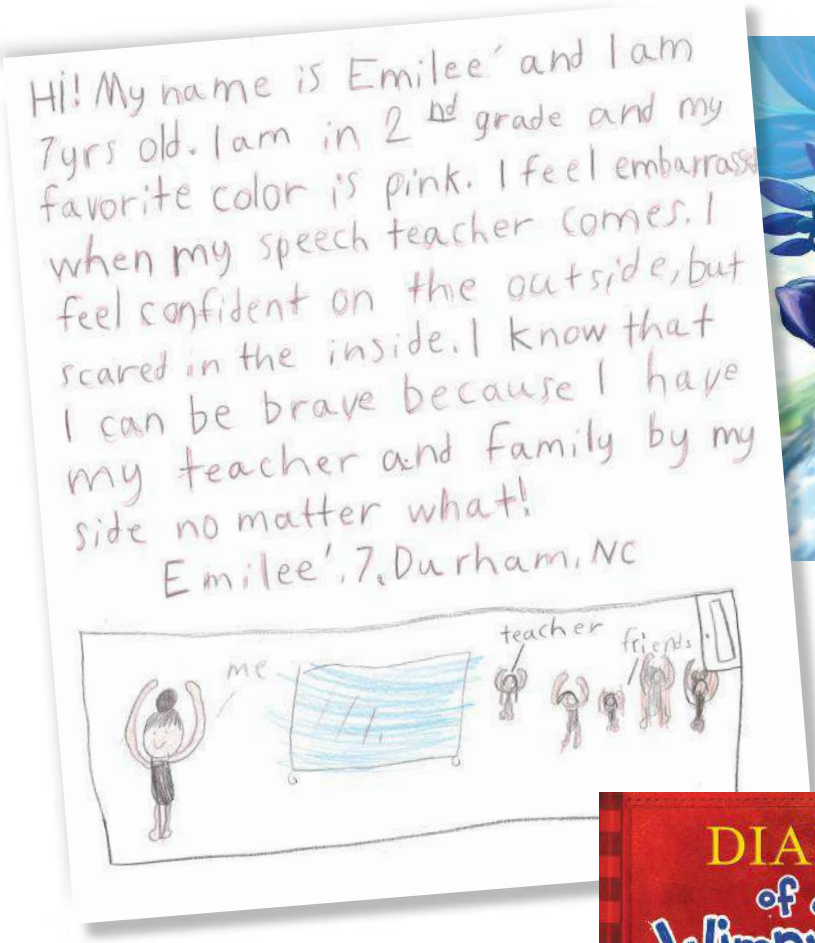
Wyatt, 10, Dallas, TX





Hi! My name is Ben. I'm 9 years old and I'm in fourth grade. I have a fraternal twin. I stutter a lot, but my twin does not. She's a girl. Her name is Bina. I have a dog named Kiyea. I stuttered when I first started to talk, which is when I was
2 years old. My favorite game is Roblox. I play Murder Mystery 2. My favorite role is either sheriff or murderer and dress to impress. My favorite strategy is easy onset. I like it because it's a strategy that helps me not stutter and it makes my mouth and voice feel relaxed.

Ben, 9, Santa Clara, CA





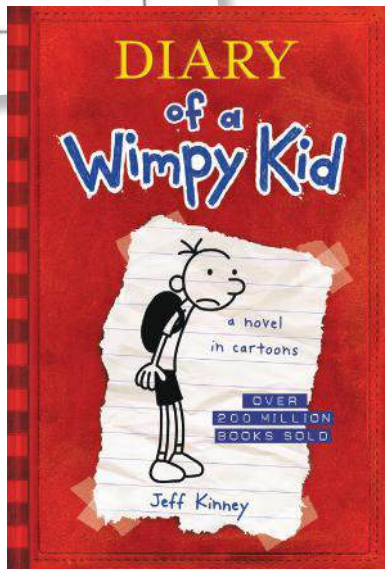
Hi, I'm Isaiah. I am 10 years old. My favorite song is House of Memories. I live in Florida with my mom and dad and my three brothers. My favorite games are Roblox, 3D World, and Jen's Impact. I am in 4th grade.

I stutter. Some people say that people who stutter can't do anything. You can be anything you want to be in life! You can even be a president! You are you, and you matter!

Most people don't realize how hard it is to stutter. Some people think of it as 'just stuttering,' and it does not matter that much. But that's not true! Stuttering is something you need to practice. What I mean is – if you practice your stuttering, you can feel less embarrassed and know when it's coming. If someone is hurting your feelings about stuttering, just tell them to leave you alone.

Remember: You're not the only one who stutters – have HOPE!

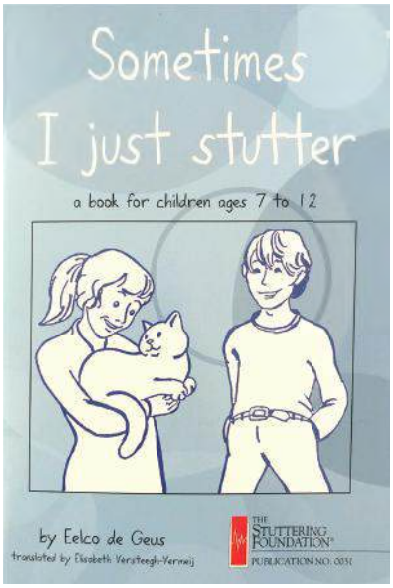
Isaiah, 10, Plantation, FL



Hi, my name is Alex and I like to play soccer. I am in third grade and I like to read books and play with my family. I play soccer with my dad and I have a team and we won one trophy. Also I like to go to Kalahari with my family. Kalahari is a place that has a lot of water slides. I also like to play basketball. My favorite book is Diary of a Wimpy Kid. I am an ally because I helped someone who is my friend. He only had one friend, which was me and I helped him to make more friends. And also I speak English and Spanish and my parents are from Mexico. Stuttering is when you get stuck saying a word. I am not bothered by stuttering because sometimes my family also stutters.

Hola me llama Alexis y me gusta jugar al futbol. Estoy en tercer grado y me gusta leer libros y jugar con mi familia. Yo juego con mi papa futbol y tambien tengo un partido de futbol. Tambien me gusta ir a Kalahari con mi familia. Kalahari es un lugar que tiene muchas resbaladillas de agua. Tambien me gusta jugar al basquetbol. Mi libro favorito es Diario de Greg. Soy un aliado porque ayude a alguien que es mi amigo y solo ten fa uno que era yo y lo ayude para agarrar mas amigos. Y tambien yo hablo ingles y espanol y mis padres y mamas son de Mexico.La tartamudez es cuando te atoras para decir una palabra. No me molesta la tartamudez porque algunas veces mi familia tambien tartamudea.

Alex, 9, Madison, WI



Hi!

I'm Jamie. I'm a ten year old girl who stutters. I thought this $20 will help some other kids like me. After reading "Some times I just stutter" made me feel like I was not alone. Please let this go to a good cause. Make others feel not alone.

- Jamie K.

We love hearing from your Speech Therapists, too!

"My speech therapy student is so excited to see his letter and picture on the website!"

"I am so glad there are many students interested in submitting their projects to the magazine."

"My son has made a beautiful drawing with some notes on how he feels about stuttering and his favorite things to do. It would be awesome if you can add it to your newsletter/magazine. Please let me know what you think of it and I would be thrilled if he can get this published."

"My client is very excited to get the opportunity to have his artwork published in your magazine!"

"This was a really cool opportunity for them! I appreciate all your organization does for kids and adults who stutter."

"My student is very excited to share his story!"

"We love reading the magazine in therapy!"

"I am so excited to submit my student's letter. I gave him a copy of this magazine and his mom recently shared with me that he keeps it right on his nightstand. His parents are even getting him a subscription! He often shares how he is proud of his stutter and that it is a part of who he is. Thank you for giving him this opportunity."

"We have been working on self-disclosure and self-advocacy together in speech therapy. My student is moving to a new school. I thought having him submit a letter to your magazine would be a great final project together."

"This is such a lovely program you provide for kids."

"Thank you for all that you do!"

"They were so excited to write these and submit them. They have been working hard on advocating for themselves and others' who stutter and this was the perfect final activity after doing a presentation for their classroom!"





Hi, my name is Lucy.
And I love drawing.
I love these 3 sports:
Ballet, ice skating and
gymnastics. And piano. I'm 9 years old
and my favorite color is PINK! My
favorite animal is a cat. And I make
bracelets! Remember, stuttering is not a bad
thing. It's what makes you unique. Ok, bye!
(I have blonde hair.)





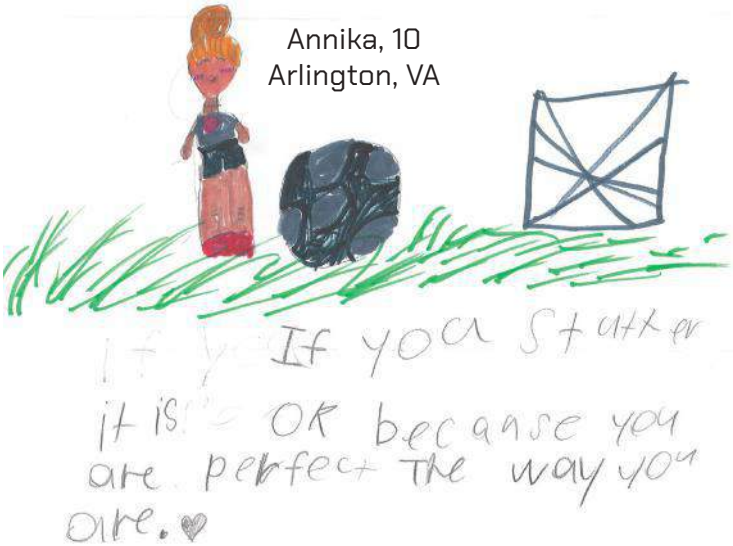
Lucy, 9
Wausau, WI



Hi, my name is Annika. I like to play soccer and run around with friends at recess. My favorite colors are black, violet, white, and gray.

I feel great about my stutter because it makes me feel special. I want you to know that stuttering is okay.

Annika, 10
Arlington, VA

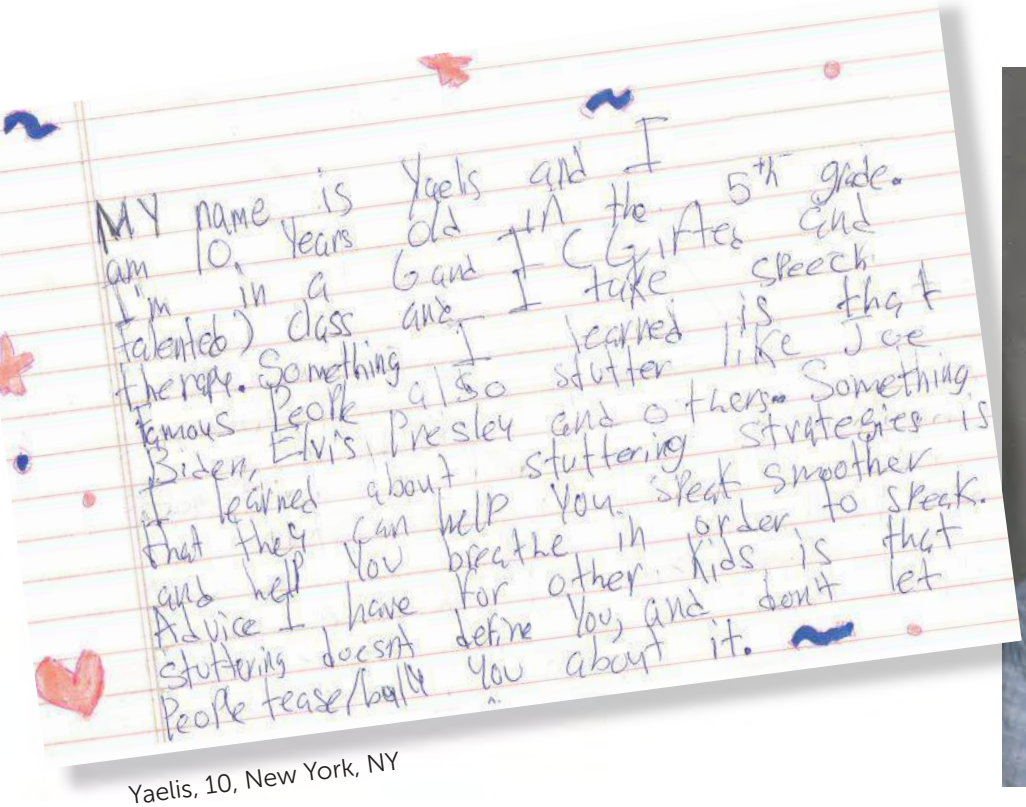


My name is Aden, and I live in Durham, North Carolina. I am 12 years old, and I am a person that stutters. I like to make music production on my iPad. I also play drums and alto saxophone and play in my school band. I like playing games with my cousin and I like to shop on Amazon. My favorite movie is The Secret Life of Pets. I like to watch videos of people making music and traveling and exploring. I also like to travel and go see my grandfather in Florida every summer and Christmas. I am a very social, friendly person and have lots of friends. My friends are always patient with me when I have moments of stuttering and that means a lot to me. I have 2 best friends that really, really respect my speech.

I have been in speech therapy for 4 years and I love coming to see Ms. Anne. We play lots of fun games and have learned lots of strategies, or methods, to help me be a great communicator. I have also made up some of my own methods that maybe others could use. I made up a way to understand phrasing and pausing using "Krabby Patties" from SpongeBob. Think one chunk of Krabby Patties and then another chunk and pausing in between the Patties. I made another one called "Speed Bumps" which is when I am using part of a word or whole word repetitions. When I am going over speed bumps, I think about my cancelations and easy onsets, but I call it "landing the plane and then taking off smoothly." Ms. Anne says these are good analogies and suggested I write and tell you about them. I hope you find these methods to be helpful.

Aden, 12, Durham, NC




MY name is Yaelis and I
am 10 Years old in the 5th grade.
I'm in a G and T (Gifted and
talented) class and I take speech
therapy. Something I learned is that
famous People also stutter like Joe
Biden, Elvis Presley and others. Something
I learned about stuttering strategies is
that they can help You speak smoother
and help You breathe in order to speak.
Advice I have for other kids is that
stuttering doesnt define You, and don't let
People tease/bully You about it.

Yaelis, 10, New York, NY



Hello, my name is Rory. I am 10 years old. My favorite video game is Roblox. My favorite song is Blue. I live in Florida. I have a stutter. I am a professional at my speech tools. The reason I am writing this article is to help people who stutter and give them hope.

Did you know the following facts about stuttering:

FACT #1: More boys than girls stutter.

FACT #2: YOU ARE NOT ALONE!!! Lots of famous people stutter, and millions of other people stutter in the world.

FACT #3: Stuttering is NOT a disability. If you stutter, you can do any job you want...you can even run for president.

CONCLUSION: I hope this helped you learn about stuttering. Please spread this information about stuttering to give people hope.

Rory, 10, Plantation, FL

Hi, my name is Sebastian. I am 9 years old, and I am in 4th grade. I live in Fort Wayne, IN with my mom and dad. I enjoy hanging out with my dogs, making movies, and acting in plays within my community.

I'd like to say that it is okay to stutter. Stuttering runs in my family. When I got my first copy of the Stuttering Foundation magazine, me and my dad realized that we weren't alone.

When I stutter, I experience blocks and repetitions. When I'm trying to reach my words, it feels like I'm a fly that is stuck in a net. I recommend strategies like using easy starts and slowing down your speech. Just because these strategies work for me, doesn't mean they will work for you. Everyone's stutter is different.

Have a stutter-tastic day!

Sebastian, 9, Fort Wayne, IN



Mason, 8, Hudson, WI



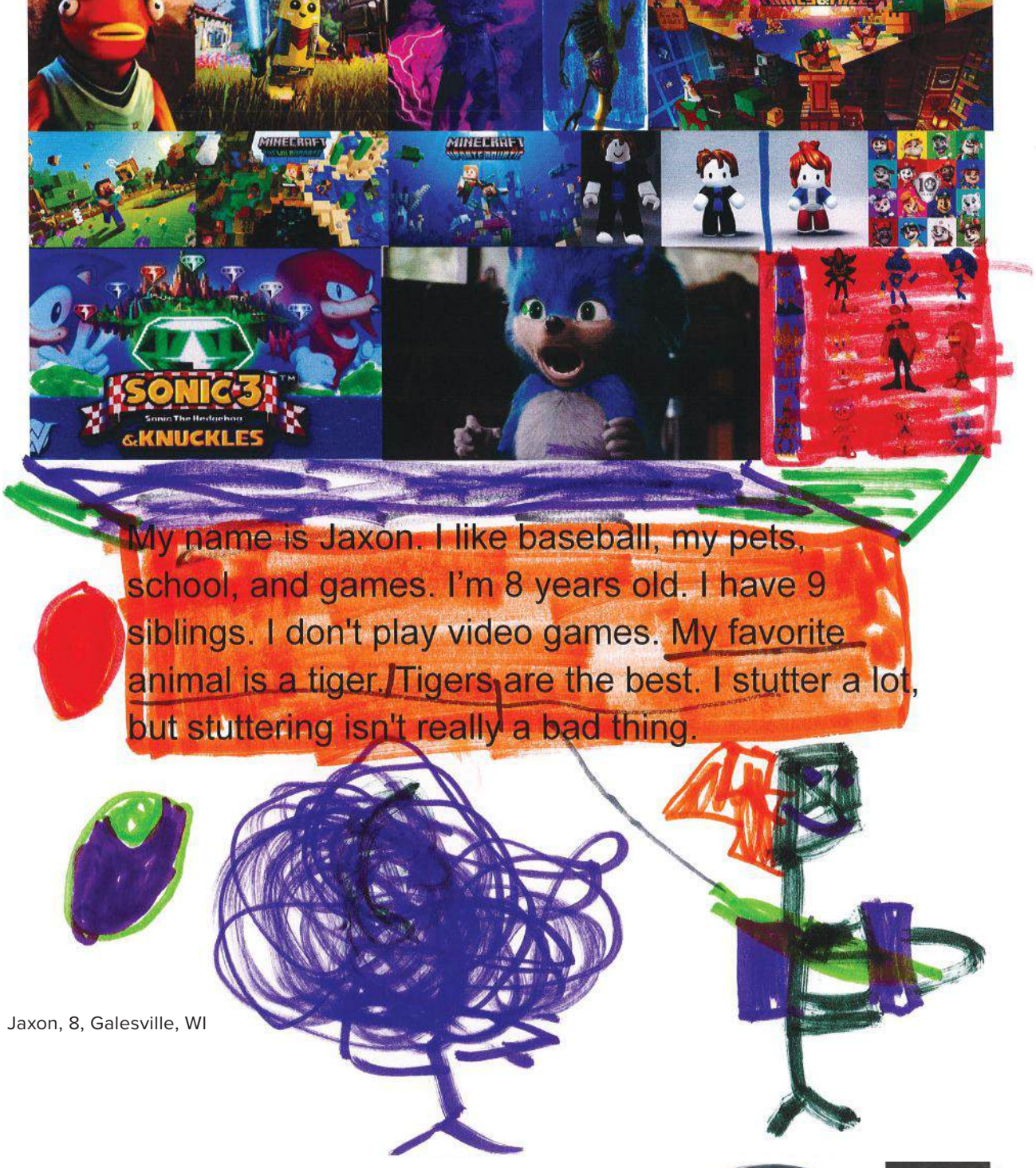




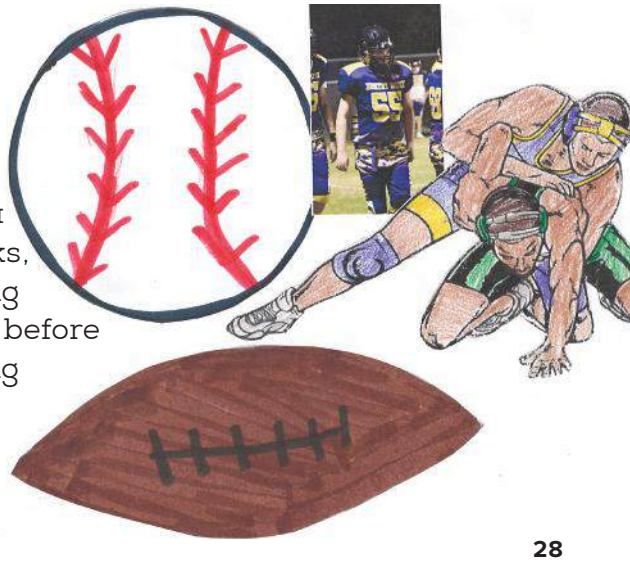
Hi, my name is Brendan. I am 12 years old and in 7th grade. My younger brother, Ethan, and I like to play outside on our trampoline. I have 2 cats and 1 dog and I like playing with them. My favorite video games are Super Mario, Minecraft, Roblox, Sonic, and Pizza Tower. They are fun to play. I am good at coding. I like listening to the Pizza Tower soundtrack. My favorite dinner food is buffalo wings and my favorite drink is soda. My favorite sport is basketball. I try to be happy, and I am funny because I tell jokes.

I love my family and friends. They mean a lot to me. They are patient when I am talking and when I stutter. The fluency strategies I like to use are pausing and taking deep breaths. I practice other strategies during speech therapy with my speech therapist. Those strategies include cancellation, pull-out, and light contacts. During the school day there are times that I stutter when trying to speak. I breathe and then think of another way to say the sentence. At times, there are kids who laugh at me. Then I say it is not funny to laugh at someone who is stuttering. Some kids say okay and stop laughing and others just say mean things. I try to ignore the students and tell an adult. I am a person who stutters, and I am also autistic. But I try my best to be friends with everyone.

Brendan, 12, Albrightsville, PA



Jaxon, 8, Galesville, WI



Hi, my name is Batson and I am 11 years old and I live in South Carolina. I love sports. Some of my favorite sports are football, baseball, and wrestling. I also like video games. My favorites are Fortnite, Minecraft, and Mario games. Me and my family are big South Carolina fans as well as Atlanta Braves and Kansas City Chiefs fans.. I also like to collect ducks, baseballs, and mini baseball bats. I have stuttered for as long as I can remember. Some of my favorite strategies are: think before I speak, slow rate, deep breath, and finger when I am reading aloud. Here is some of my advice: **don't let stuttering bring you down!**

Batson, 11, Cayce, SC





Hello, my name is Chris. I'm 9 years old and I'm in the fourth grade. I live in California. On the weekends, I play with my auntie's dog Chewy. I also play video games like Roblox and Minecraft. I plan to take guitar lessons soon too! Did you know that I've read the whole Stick Dog series? I'm now starting the Stick Cat series! I don't really mind that I stutter. I think stuttering is kind of special. I say all the words I need to say. Stuttering for me is like a car because when I stutter, I'm stuck for a moment, but if I keep trying to push through, my speech car starts and words come out smoothly. My favorite strategy is using a full and easy breath with pausing. I get better day by day!

- Chris, 9, Hacienda Heights, CA

Hi, my name is Jayden and I'm 8 years old. And I live in Texas. My favorite thing is Pokémon. And football and soccer. And Fortnite and my favorite subject is Social Studies. I stutter sometimes but I like to use stretchy speech. That helps me stretch out the word to get it out easier. I like to eat pizza, Mexican food, and Raising Cane's. I like the Kansas City Chiefs. I like Mexico.

Jayden, 8, McGregor, TX

Hi, my name is Sydney, and I'm 7 years old. I am a second grader, and I live in Tempe, Arizona. I have six cousins. One is a baby and her name is Sophia. I'm getting better at stuttering in speech. Stuttering used to be scary. But I used strategies like SLP Stephen. On a scale from 1 to 10, I think I'm at a 9 right now (1 would be if I'm not confident at all). When I first started coming to speech therapy, I rated myself as a 5. I'm really confident now. I love speech so much! Mrs. Whalen helped me in speech, and it's been a great 2 years together in speech. I love telling my family members about what I learned in speech and the fun I have with Mrs. Whalen. I hope other kids who stutter will have a great time with their speech teachers and feel confident too!

Sydney, 7, Tempe, AZ

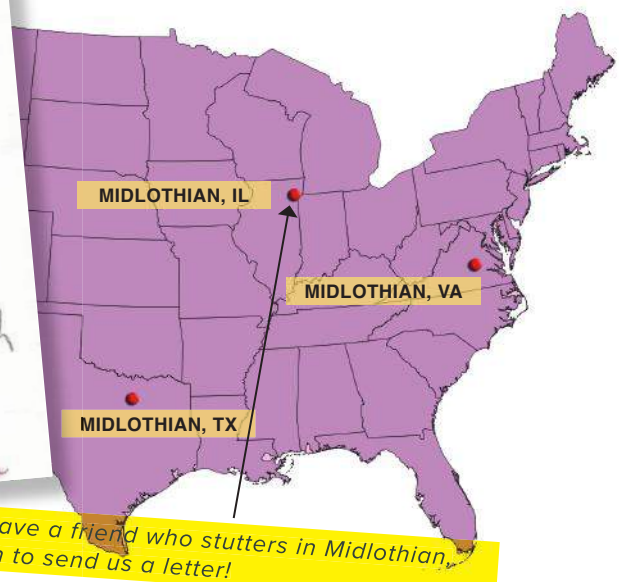




2 LETTERS FROM 2 MIDLOTHIANS

IN OUR MAILBAG FOR THIS ISSUE: two letters for this issue from two different kids from two different Midlothians! Here's everything you never knew you needed to know about the three Midlothians in the United States:

There are three cities in the United States named Midlothian. They are located in Texas, Virginia, and Illinois. The estimated population of Midlothian, TX is 21,123. The estimated population of Midlothian, VA is 38,487. The estimated population of Midlothian, IL is 5,081.



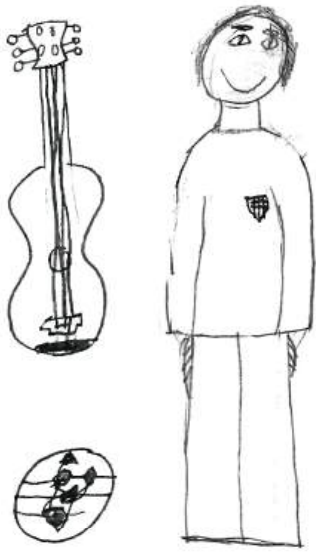
Does anyone have a friend who stutters in Midlothian, Illinois? Tell them to send us a letter!

Hello,

My name is Stella. I am nine years old and I live in Midlothian, Texas. I like pumpkins, playgrounds, pumpkin spic lattes, Halloween, family, puppies, and my friends. I also like sugar cookies and my dog, Teddy Bear. I stutter. I kind of like stuttering because it makes me different from others. I stutter when I'm excited, nervous, sad, and when I stuff my face with food. The strategies that I use are 'stretchy speech' and easy onset. I like my strategies, they help me a lot. Stuttering has always been a challenge for me, but with the support of my friends, family, and Speech Pathologist, I feel like I can do anything.

Sincerely,
Stella

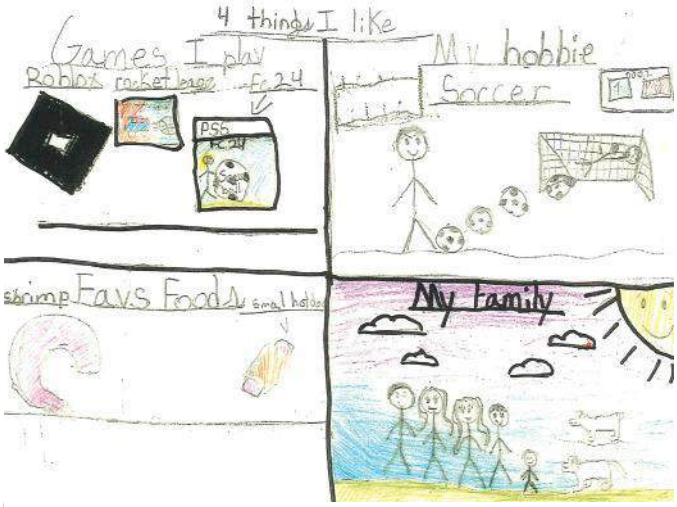




Bennett, 10
Midlothian, VA.

Hello my name is Bennett. I Live in Virginia/VA. I'm in 5th grade, I play alot of Sports, Like Lacrosse, football, soccer, Basketball and I Swim. Sometimes I stutter. I regulary use take a breath in situations when I have to speak out loud publicly. Stuttering is not your fault or anyone's fault. I like to play videogames like call of duty, roblox, and resident evil, and Gta5.

My experence with Suttering is I have been stuttering since I was 2 years old! I don't like to talk very much but if I have to I will try to get out of it. Now I feel more confident about my confidence in Speaking. I want to be a doctor or a nurse when I grow up. Bye Bye!



Hello my name is Jayden. I am 11 years old, I like to play Soccer and I also play video games like fc 24, Rocket league, Fc25 and Roblox. I Started Stuttering when I was 7, I started speech therapy when I was 9. I use Slow rate to help me, also if you stutter your not alone!

Jayden, 11, linden, NJ

Hi. My name is Joah, and I am in 9th grade. I enjoy video games, playing sports, riding bikes in the summer, and hanging out with my friends.

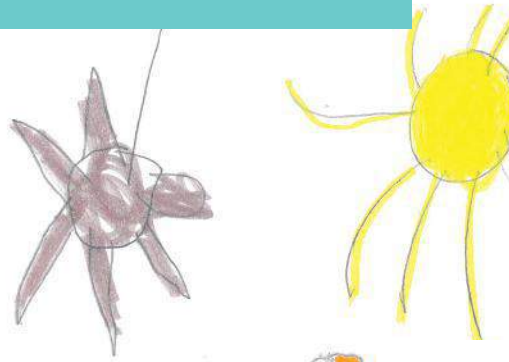
I started to stutter around the age of six and have been doing speech therapy for a long time. When I stutter now, I mostly block or use filler words like 'um.' One of the strategies I use most is 'first sounds.' That means easing into the letter-sounds at the start of a sentence or after a pause. I also use the 'two second wait' strategy and saying, "give me a minute." These work because they give me time to think or plan what I'm going to say.

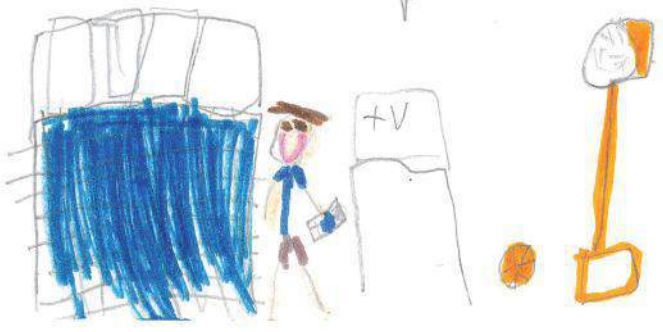
Some advice is taking time to do a mini mindful meditation when you wake up to help relax and get ready for the day. Also, focus on your voice. Notice if you're talking fast or slow because you stutter more when talking fast and might have to repeat to be understood.

Joah, 15, Clifton Springs, NY

Hi! My name is Charlie. I am seven years old. My favorite video game is Zelda, Breath of the Wild. I am good at math and technology. I play basketball and do karate. I am a person who stutters. But stuttering is okay! A good smooth speech strategy is pull-out/exit strategy. The strategy I use the most is turtle talk. This means speaking more slowly. My advice to you is what you say is important. Don't give up. Keep trying!

Charlie, 7, Simpsonville, SC

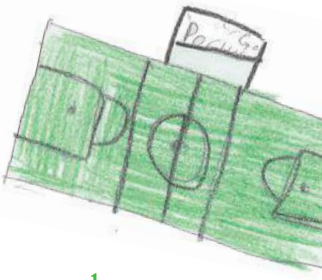






Jordi, 10, Ellijay, GA





Hi, my name is Leo. I like to play soccer. My favorite team is Portugal. My favorite soccer player is CR7. I like to play baseball too and my favorite team is the LA Dodgers. My favorite video game is Call of Duty Warzone. My favorite animals are monkeys and penguins and lions and donkeys. My favorite colors are red and black and blue.

James Rodriguez is a professional soccer player who stutters like me. Many famous people stutter. I speak Spanish and the word for stutter is tartamudear.

Stuttering can be hard but breathing and taking your time helps.

Leo, 9, Tucson, AZ





Hi, my name is Daniel. One fact about me is that I stutter. Other facts about me are that Fortnite is my favorite game and Kaboom Takis are my favorite snack. Kaboom Takis came out on my birthday, July 4th. I feel good about my stutter because it makes me unique. I want you to know that stuttering is not a bad thing.

Daniel, 10, Marysville, WA





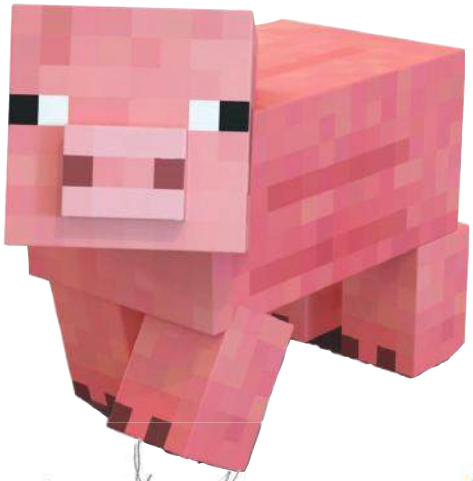
Hi, my name is Bradley. I am 8 years old. I live on a ranch with cows, dogs, and cats. My big cat is Nala, and my kitten is named Rocket. I like to play Mario Kart 8-Deluxe on my Nintendo Switch OLED edition. I like to eat bananas, cantaloupe, and all kinds of fruit. I go to speech, but my stuttering has gotten better. My favorite thing about school is recess. I used to like Makerspace, but my teacher changed jobs.

Bradley, 8, McGregor, TX



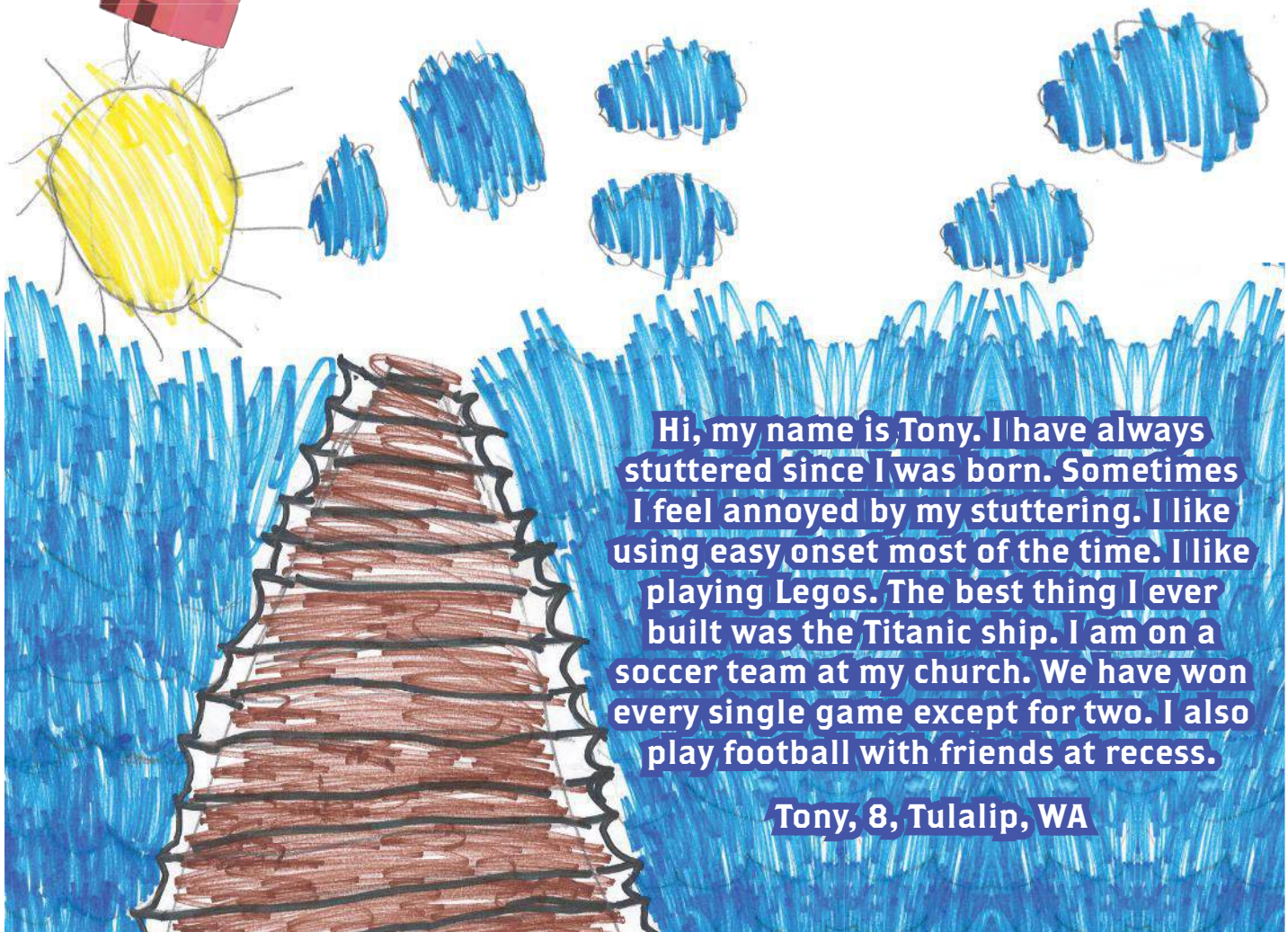
Hi, my name is Lucas. I am 8 years old. I Love going hunting and fishing. my favorite thing to do is play with my friends. I Started Stuttering in preschool. Stuttering makes me feel cool because not every can be like me. I Love reading and math.

Lucas, 8, Arlington, WA



Hi! My name is Evan, and I am 8 years old. I like to play Roblox and Minecraft. The type of stutter I have is blocking. Stuttering feels to me like I can't breathe. Taking a deep breath helps me get the words out. I usually feel good about talking even though I sometimes stutter.

Evan, 8, Pittsburgh, PA



Hi, my name is Tony. I have always stuttered since I was born. Sometimes I feel annoyed by my stuttering. I like using easy onset most of the time. I like playing Legos. The best thing I ever built was the Titanic ship. I am on a soccer team at my church. We have won every single game except for two. I also play football with friends at recess.

Tony, 8, Tulalip, WA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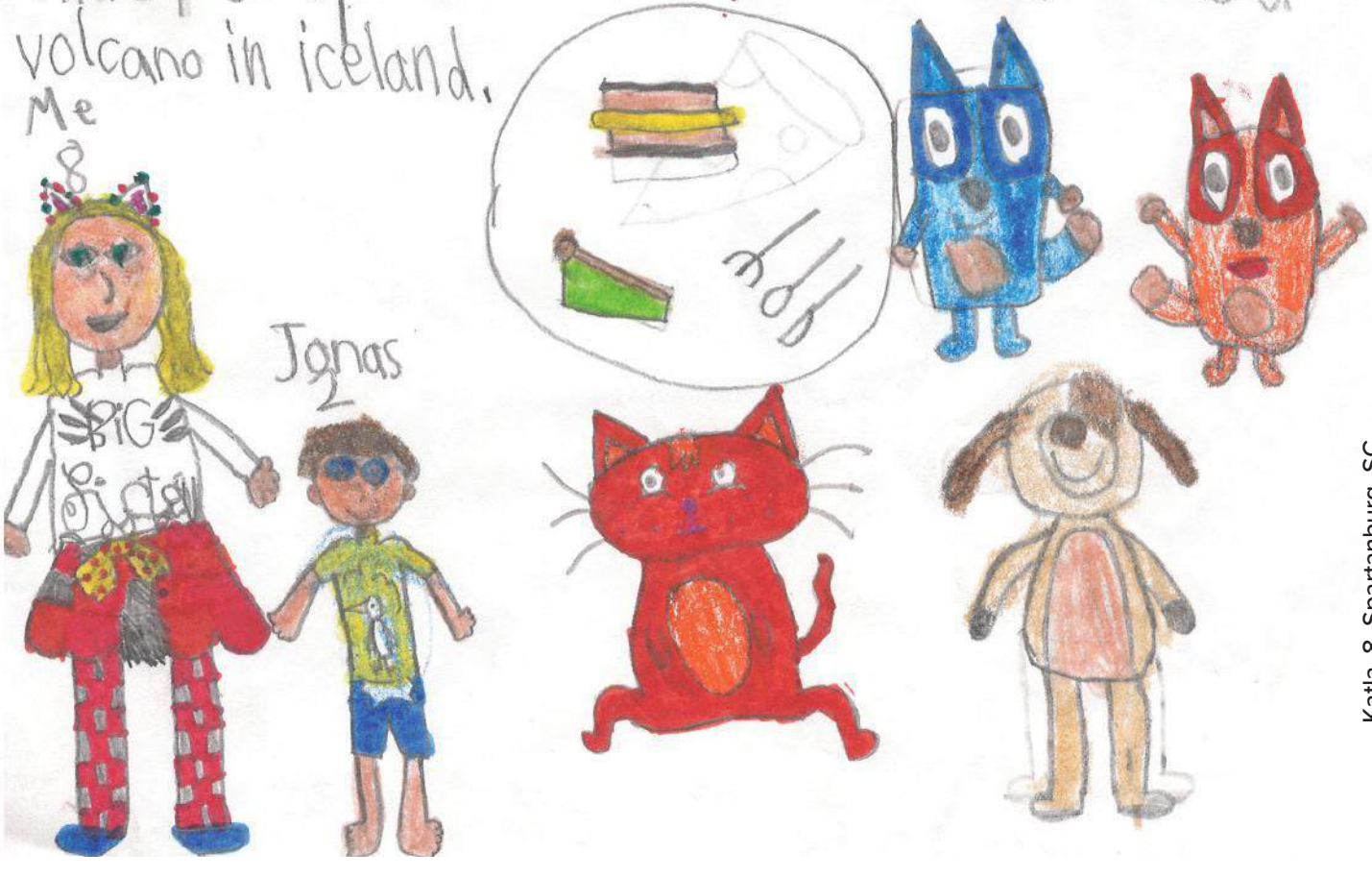
Hi, my name is Katla and I am eight years old.



I have been stuttering since I was about six years old. I love unicorns and cats. I am in speech therapy and it helps me a lot. I have learned a few tricks to help me with my stuttering like the pencil tapping trick and the slinky trick. I still have trouble with my stuttering but I think I'm getting better. Here are a few tips: Always breathe at the start of a sentence, remember to use helpful tricks, and never give up! I have a brother named Jonas. He is two years old. Me and him love to watch Bluey on TV. I also have a stuffed animal named doggy. I got him for my fifth birthday. I love my dad's grilled cheeses and key lime pie. My name is an icelandic name, Katla is a volcano in iceland.

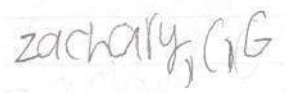


Katla, 8, Spartanburg, SC



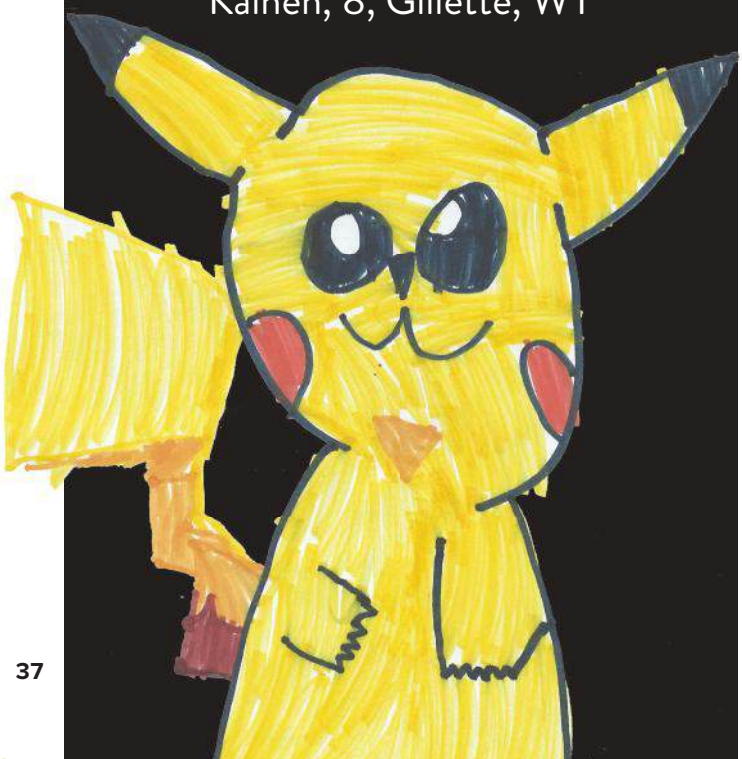
Hello, my name is Zachary. I am 9 years old. I am from Grafton, Massachusetts. I have a stutter. I stutter when I talk too fast, or I think too much. When I stutter, I notice that I have bumps in my speech. I try to fix it on my own and if that doesn't work, I use strategies to help me. I started stuttering in 2nd grade, but my speech has gotten better. I want to get better at using my strategies. I also have great speech teachers that help me a lot and I thank them for that. I try to fix it, but my speech has gotten way better since 2nd grade. I hope when I'm older I have almost no bumps. My friends can help me too and so can my family and teachers. Fun fact about me is that my favorite thing to do is play sports with my friends.

Zachary, 8, Grafton, MA



My name is Kainen. I am from Wyoming. I like Pokémon, gymnastics, and the Bahamas. I am 8 years old. Stuttering can be a difference in the brain. Sometimes when I stutter, I blink a lot.

Kainen, 8, Gillette, WY



My name is Josiah and I am 8 years old and I was born in Waco and my favorite sport is football and basketball and my favorite college football team is Tennessee and my favorite speech is stretchy speech.

Josiah, 8 McGregor, TX



Hi, my name is Christina. I am 9 years old. I like pizza, Art, and playing outside. I do volleyball. And I have a dog named Angel, and I stutter. I started to stutter when I was 5, and it became a part of my speech. And I did feel weird about it, and some people thought that it was odd, but don't worry, stuttering makes you stand out, and its unique. Some of the tools I use are turtle talk and deep breaths. Christina, Massachusetts, east long medow.



Christina, 9, East Longmeadow, MA

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