



# THE STUTTERING FOUNDATION®

[www.StutteringHelp.org](http://www.StutteringHelp.org)

FALL KIDS 2025

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

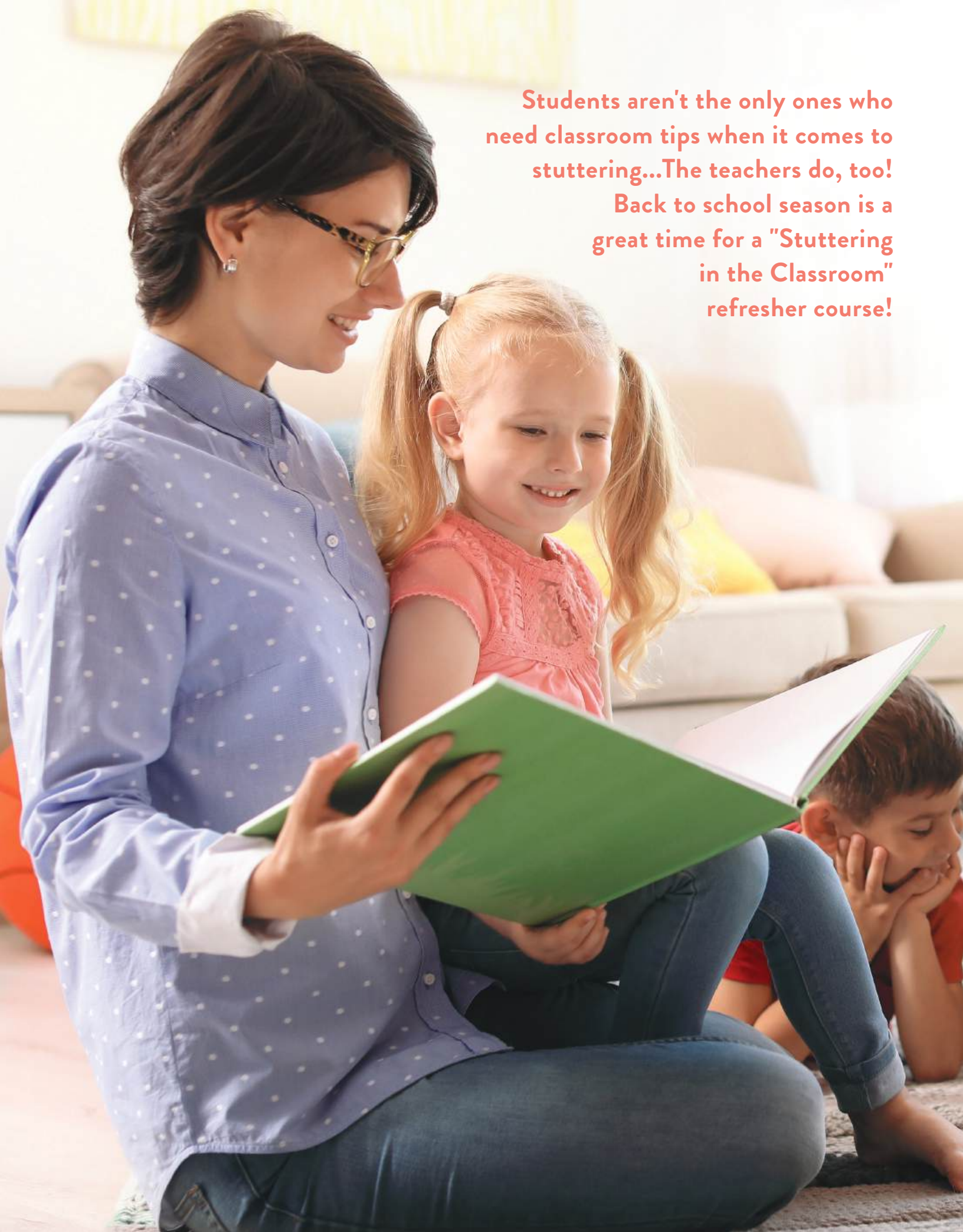
## KIDS LETTERS

VOLUME EIGHT



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





Students aren't the only ones who  
need classroom tips when it comes to  
stuttering...The teachers do, too!

Back to school season is a  
great time for a "Stuttering  
in the Classroom"  
refresher course!



# BACK TO SCHOOL

## (IT'S FOR TEACHERS, TOO!)

*Students aren't the only ones who need tips in the classroom when it comes to stuttering. Teachers do, too! Back to school season is a great time for a "Stuttering in the Classroom" refresher course!*

### THE PRE-SCHOOL AND KINDERGARTEN CHILD

All children in this age group are busily learning to talk. As such, they make speech mistakes. We call these "mistakes" disfluencies. Some children have more than others, and this is normal. There are certain children, however, who have many disfluencies—particularly repetition and prolongation of sounds. These are quite noticeable to listeners. If you are concerned that there may be a problem of stuttering developing with one of these children, don't pay any special attention to the child at this point. Rather, talk to a speech pathologist for suggestions.

(continued on p. 2)



## THE PRE-SCHOOL AND KINDERGARTEN CHILD *(continued)*

Also, talk to the parents about their opinion of the problem so that you know whether this is typical speech behavior for him. In most instances, if parents, teachers, and others listen to and answer the child in a patient, calm, and unemotional way, the child's speech returns to normal as his language abilities and his adjustments to school improve. If the child continues to have disfluencies, however, you may want to ask a speech pathologist to observe him.

## THE ELEMENTARY SCHOOL CHILD

A major concern for most teachers is the child's reactions to his stuttering in the classroom. How should the child be expected to participate in class? The answer to this question depends on the individual child. At one extreme is the child who may be quite unconcerned and happy

to participate like any other child; at the other extreme the child who will cry and refuse to talk.





Most are somewhere in between. If the child is being seen by a speech pathologist, find out her opinion about reasonable expectations. Also, ask the child how he would like to participate. Sometimes participation requirements become part of the child's IEP.

## TALK WITH THE CHILD: SHOW YOUR SUPPORT

Usually it is advisable for you to talk with the child privately. Explain to him that when talking—just like when learning other skills—we sometimes make mistakes. We bobble sounds or repeat or get tangled up on words. With practice we improve. Explain that you are his teacher and that his stuttering is okay with you. By talking to the child in this way, you help him learn that you are aware of his stuttering and that you accept it—and him.

## ANSWERING QUESTIONS

As you are asking questions in the classroom, you can do certain things to make it easier for a child who stutters. Initially, until he adjusts to the class, ask him questions that can be answered with relatively few words. If every child is going to be asked a question, call on the child who stutters fairly early. Tension and worry can build up the longer he has to wait his turn. Assure the whole class that

- 1. they will have as much time as they need to answer questions, and*
- 2. you are interested in having them take time and think through their answers, not just answer quickly.*

## READING ALOUD IN CLASS

Many children who stutter are able to handle oral reading tasks in the classroom satisfactorily, particularly if they are encouraged to practice at home. There will be some, however, who will stutter severely while reading aloud in class. The following suggestions may help these children. Most children who stutter are fluent when reading in unison with someone else. Rather than not calling on the child who stutters, let him have his turn with one of the other children. Let the whole class read in pairs sometimes so that the child who stutters doesn't feel "special." Gradually he may become more confident and be able to manage reading out loud on his own.

## TEASING

Teasing can be very painful for the student who stutters, and it should be eliminated as far as possible. If the child has obviously been upset by teasing, talk with him or her one-on-one. Help the child to understand why others tease, and brainstorm ideas for how to respond. If any certain children are picking on him, talk to them alone and explain that teasing is unacceptable. Try to enlist their help. Most want the approval of the teachers. If the problem persists, you may want to consult a guidance counselor or social worker if one is available in your building. They often have good suggestions for managing teasing.

## SPEECH THERAPY

If you are unsure whether a speech pathologist is available in your school, talk with your building administrator. Also, suggest to the parents that they seek one out who specializes in stuttering. ***The Stuttering Foundation offers a list of speech pathologists who work with those who stutter in the United States as well as other countries. Please email us at [info@stutteringhelp.org](mailto:info@stutteringhelp.org) for more information.***

Always keep in mind that  
each child is different, and your  
caring positive attitude will make  
a big difference!





# DEAR SFA:

The Stuttering Foundation has been hearing from kids for over three decades, receiving more than 600 letters from children every year. Press releases, begun in the 1980's, resulted in a tremendous number of articles on stuttering nationwide.

When Ann Landers featured the SFA in one of her classic newspaper segments, "Ask Ann Landers," the response from kids was immediate and overwhelming. Additional staff had to be hired to help with the incoming correspondence.

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

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

**IMPORTANT GUIDELINES TO  
SUBMIT YOUR OWN ARTWORK  
AND LETTER!**



P.S. Check out our website, just for kids! [www.stutteringhelp.org/kids](http://www.stutteringhelp.org/kids)



## 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.



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

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My name is Audrey. I'm 10 years old. I'm in 5<sup>th</sup> grade. I started stuttering about when I was 4 years old. I love speech class; it helps with my stuttering but sometimes I get mocked when I stutter. I try ignoring them to get them out of my mind. **My best friend doesn't care about my stuttering, and it makes me comfortable.**

Other people also stutter. So don't feel like you don't belong!

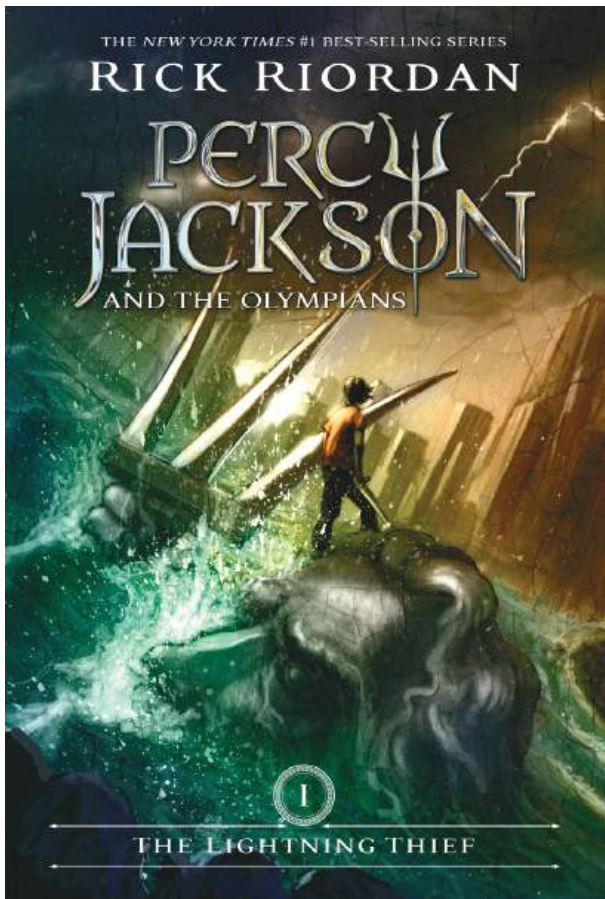
Audrey, 10, Phoenix, AZ

**My name is Luke and I'm 8 years old. I'm in third grade. Some stuff I like to do is basketball, fishing, rock climbing, and hiking. And my favorite color is red. I stutter and I go to speech therapy.**

**Luke, 8  
Cottleville, MO**

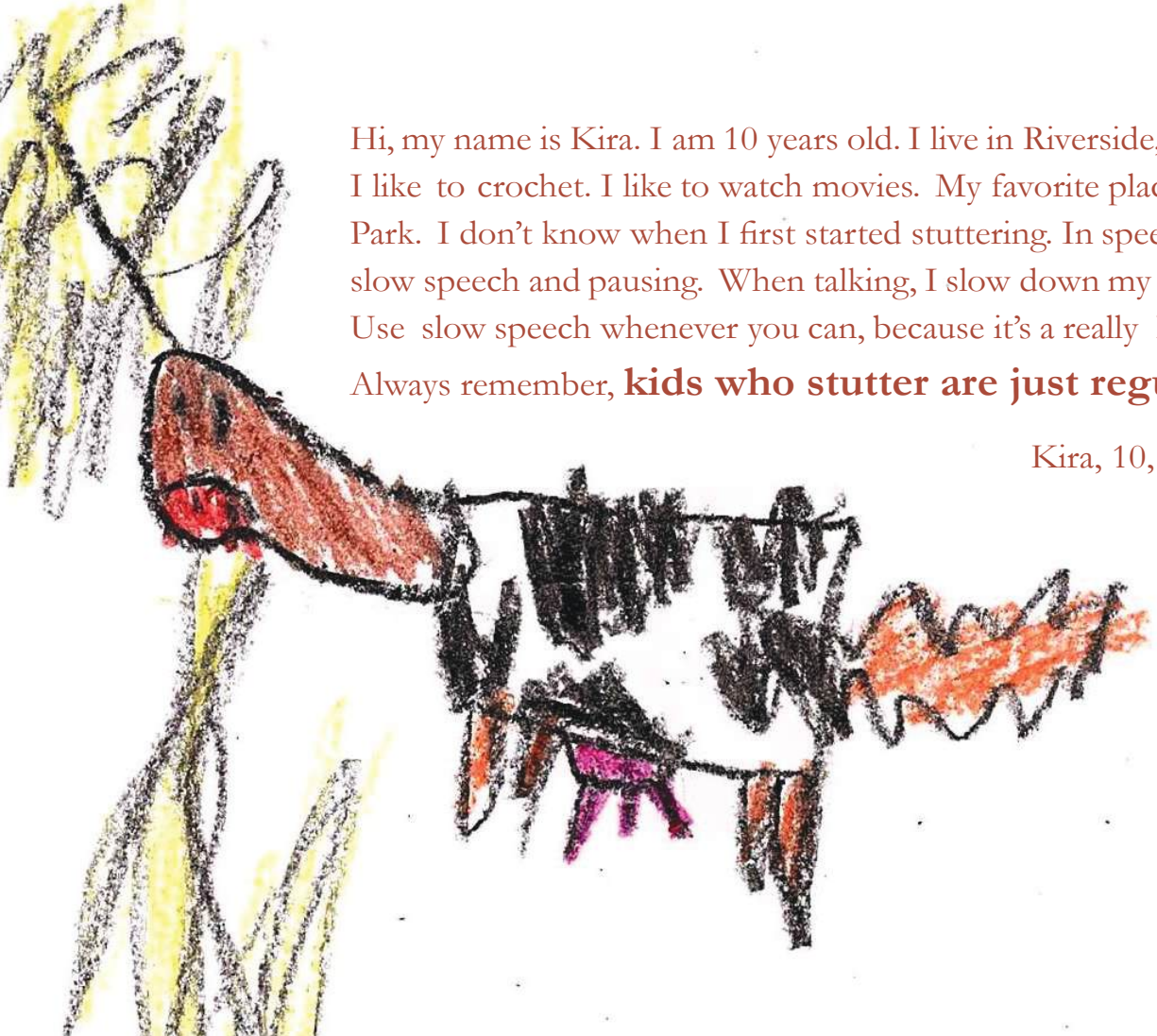






My name is Arianna, and I am thirteen years old from Buffalo, NY. I have stuttered since first grade and over the years I have learned to take stuttering moments slowly and laugh about it later. I deal with repetitions and blocks, and my favorite strategies to deal with stuttering moments are easy onsets, slow speech, and cancellations. I still get frustrated with my stutter, but I have learned I should always advocate for myself to my teachers and be patient. I like to read books like Harry Potter and Percy Jackson in my free time. I also like to sketch and watch movies. My brother also has speech impediments, like stuttering and minor vocal tics, so we both deal with the same kind of stuff. Even though my stutter is not that bad, I still think others should not rush and be patient with yourself.

Arianna, 13, Buffalo, NY



Hi, my name is Kira. I am 10 years old. I live in Riverside, California. I like to crochet. I like to watch movies. My favorite place to go is Castle Park. I don't know when I first started stuttering. In speech, I have learned slow speech and pausing. When talking, I slow down my speech. Use slow speech whenever you can, because it's a really helpful thing. Always remember, **kids who stutter are just regular kids!**

Kira, 10, Riverside, CA



My name is Aubree, and I am in 5th grade.

**My favorite candy is Trolli gummy worms.**

**And I'm a HUGE Swiftie.** I started stuttering when I was in first grade. And I started speech therapy when I was in PreK. I've been provided with strategies to help with stuttering. Some of them are called Smooth Speech and Pull Outs. I also gave a presentation to my class about stuttering! One piece of advice if you stutter is use your strategies you have been provided with.

Aubree, 11, Weatherford, TX



My name is Kyle. I am 8 years old. I like to play Minecraft and Rainbow Friends.

My favorite strategy is stretching. **My advice is to put your tongue on the top of your mouth.**

Kyle, 8, Lafayette Hill, PA



My name is Landon, and I am 12 years old. I like to play video games. My favorite game is Tom Clancy's Rainbow Six Siege. I stutter when I am in game chat. I start the game by telling people that I stutter so they do not get mad at me. The positive side is that 50% of people are nice about it but some people are still mad after I stutter. I like the quote from one gaming YouTuber called Ascended Gamer. He says, "you need to walk a mile in my shoes to understand." This quote is important because it tells how hard it is to understand how people that stutter feel if you do not stutter.

Landon, 12, Paxinos, PA



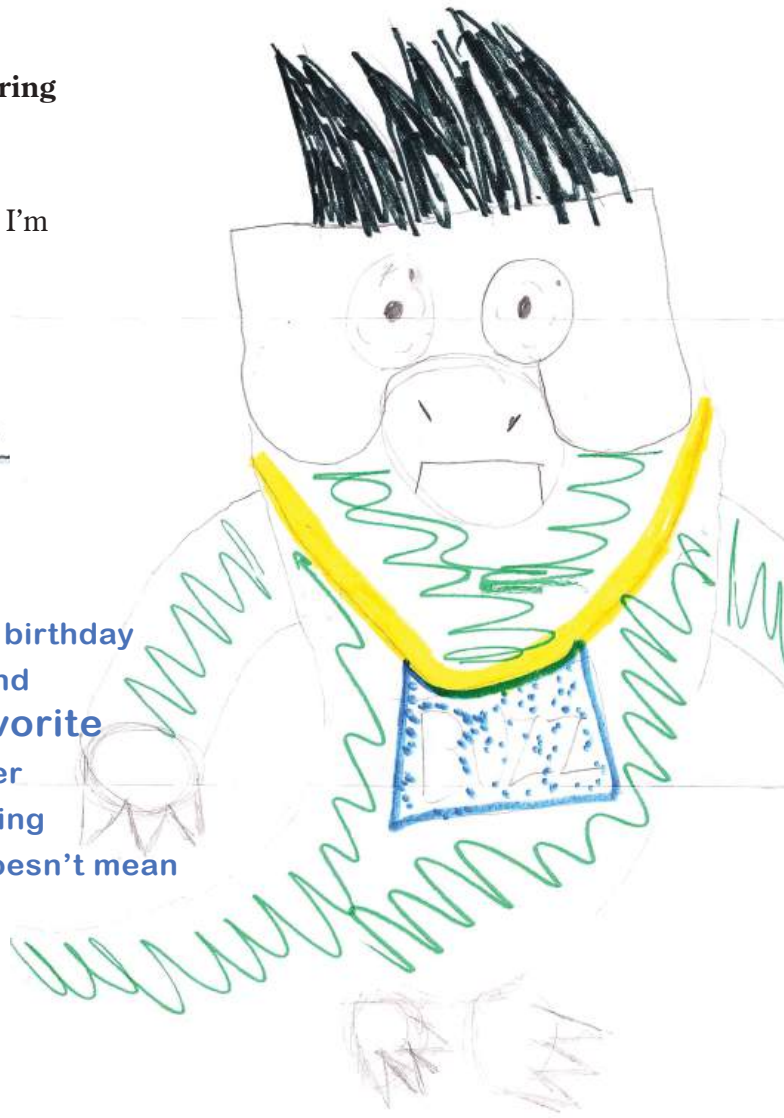


Hi, my name is Jeremiah. I stutter sometimes and that's okay. **Stuttering is fine after all; it makes you unique.** Also, I like Sonic the Hedgehog and Dragon Ball Z and I'm 12 years old.

Jeremiah, Age 12  
Phoenix, AZ

Hello, my name is Branzin. I am 12 years old. My birthday is July 28, 2012. My interests are video games and football. I love playing it and watching it. **My favorite team is Las Vegas Raiders.** I have a stutter but I'm ok with that. Every time I stutter, I like using slow rate and pausing and just cause I stutter doesn't mean it should change who I am. It's ok that I stutter.

Branzin, 12, Windsor, CA



Harry Potter

**Hi, my name is Bronx. I like One Piece and Jujutsu Kaizen.** I also like Harry Potter, and I also like baseball and football. Also, I like the Brewers and the Chicago Bears. I live in West Bend, Wisconsin. I am in 4<sup>th</sup> grade. I am 9 years old. My fav animal is a Red Panda.

I like to use stretchy speech to help me with my stutter. It is fine to stutter. It doesn't stop me from doing anything I want to do.

When I grow up, I want to be a baseball player or a football player. I like Roblox, Meta Quest VR and Madden 25 and the show 24 GTA 5 and Red Dead Redemption on the PS5. I play Retro Bowl on my phone.

Bronx, 9, West Bend, WI



(This is a letter in response to Max from the Fall Kids Letters issue, 2024.)

Hi, my name is Lorenzo, and I'm 9 years old. I'm writing this letter to reply to Max and Isaiah. First of all, Max, I think you're absolutely right - Fortnite is really cool! You made a great choice picking it as your favorite game. Isaiah, I like One Piece too! My favorite characters are Luffy, Zoro, and Usopp. I'm on the thirty-fifth episode of the second season-what about you? I stutter as well, and like you said, I don't mind it much!

Lori (Lorenzo), 9, Rome, Italy

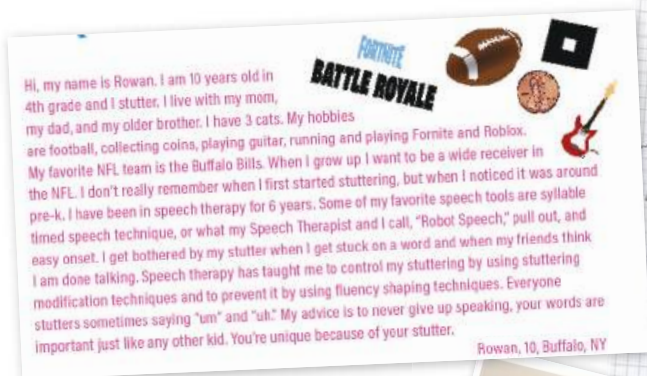
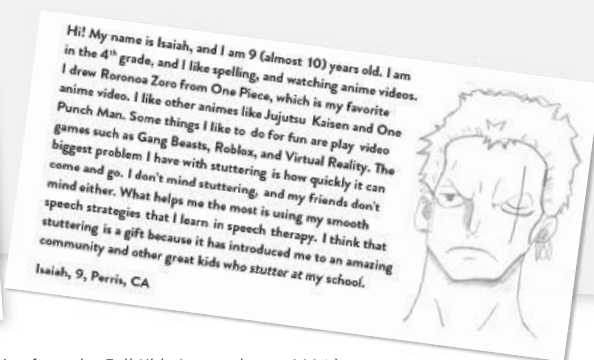
Dear Stuttering Foundation Team,

I am pleased to submit the original letters written by children who stutter currently receiving therapy at the Centre Research and Care (CRC) in Rome. Enclosed, you will find the translated versions in English, along with the completed permission forms signed by their parents. I share these heartfelt messages on behalf of CRC; a centre specializing in the assessment and treatment of stuttering. We appreciate your invaluable work in raising awareness and supporting individuals who stutter, and we hope these contributions will be meaningful to your initiatives.

Best regards,

Diletta Vedovelli

Speech-Language Pathologist, Certified European Stuttering Specialist,  
Centre Research and Care (CRC)



(This is a letter in response to Rowan from the Fall Kids Letters issue, 2024.)

Hi Rowan, I'm Luca, and I'm 9 years old. I have many animals too-I have two cats and a dog. I read that you collect coins; I save them instead. I love playing Roblox as much as you do. You play football, I play basketball. You play the guitar, and I play the piano. I stutter as well, and when it happens, I slow down my speech.

Luca, 9, Rome, Italy





CIAO ANDREI, IO SONO HATTIO.  
 HO DIECI ANNI. PURE A ME PIACE MOLTO IL  
 CALCIO E IL BASKET E ANCHE IL REGGI.  
 COME DICI TU ANCHE PER ME E' DIFFICILE  
 CONTROLLARE LA BALBUZIOE PERO NON MI  
 DA TROPPO FASTIDIO ANCHE SE A VOLTE  
 MI DA ARRABBIARE. ~~A TENI IMPORTA SE~~  
~~BALBETTO PERO' IO~~ <sup>NON</sup> ~~FACCIO~~ COME TE GIOE  
 MA BALBETTO LIBERAMENTE E CERTE VOLTE  
 USO DEGLI STARTER. CIAO! CIAO!



As you said, sometimes it's difficult for me too to control my stuttering, but it doesn't bother me too much, even though I sometimes feel angry. When I stutter, I don't use any strategy - I just stutter freely, and sometimes I use some starters. Bye-bye!

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

Andy, 7, Northbrook, IL



My favorite school subject is math too. I stutter like you do, and when it happens, I take a deep breath and repeat the word I got stuck on. Sometimes I feel ashamed of stuttering, but don't worry about me! I'm currently doing speech therapy at CRC, which is a wonderful place where we play, have fun, and learn that it's okay to stutter!

CIAD ANDY MI CHIAMO LUKE  
 HO 7 ANNI. PROPRIO COME TE  
 MI PIACE IL CALCIO E I VIDEO  
 GAME. I MIEI VIDEO GAME  
 SONO FOOTBAL LEAGUE E FC25  
 (FC 2025).  
 LA MIA MATERIA PREFERITA  
 LA MATEMATICA PROPRIO COME  
 A VOLTE QUANDO BALBE TIO FA  
 UN BEL RESPIRO E AI COMINCIO  
 OGGI CAPP.  
 E MI PIACEREBBERO MA NON PR  
 PARTI DI ME ORA SONO A  
 CRE E UN POSTO MIGNIA, CAPP  
 FANNO GIGARE E CHE BALBE  
 CHETI INSEGNANO CHE BALBE  
 E' OK!







Hi Luke. My name is Federico. I like playing video games as much as you do! My favorite console is the PlayStation 4, but for my first communion, my parents will give me a PlayStation 5. I also love basketball, and at home, I have a small hoop that I play with. My favorite sport is kickboxing. I really like dogs. and I have one. I stutter too, and when I do my favorite strategy is not to think about it but to focus on what I want to say. Besides kickboxing, I am also interested in cars, as you can see from the drawing below.

Helio, my name is Lucas. I'm 11 years old and I'm in 5<sup>th</sup> grade. I have 2 dogs named Cookie and Chanco. 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 Brodie, my name is Sara, and I'm 10 years old. I stutter too. Most of the time, I don't like stuttering, but I'm starting to think that it's normal - it's just the way I talk. I hope you feel the same way. I love playing Roblox; I think it's a wonderful game! I'm happy that we share this interest. I also enjoy drawing manga and anime, and I'm really fast at it! Below, you can see an example!

Hi my name is Brodie I am 8/2  
in second grade. I like to play  
roblox and skateboarding, martial arts,  
and I stutter and I <sup>now know</sup> that it is ok  
to stutter. I stutter sometimes with  
a lot of people. don't be scared  
about talking if you stutter



Ecco, mi chiamo Lara, ho 10 anni.. anche io  
ballavo come te, tante volte non mi piace  
però ci sono abituata e' normale parlare così.  
Io spero anche per te. A me piace ma tanto  
giocare a Roblox e' un gioco bellissimo  
sono contenta che anche a te ti piaccia.  
Mi piace molto disegnare manga, anime, i miei  
3 minuti!!! Ecco come disegno:







Hi, my name is Chris. I am 9 years old. My favorite games are Roblox and Fortnite. I don't like to use slow speech because I like to talk fast. My favorite strategies are easy onset, stretchy speech, and robot speech. My favorite sports are basketball and soccer. I live in Downsville, NY. I love kittens. **Don't let stuttering stop you from what you want to do.**

Chris, 9, Downsville, NY

## Greetings Mortals!

**My name is Mateo. I am in the fifth grade. I like Teddy Ruxpin, Furby, Goodwill, 80's/90's, the song "Dream a Little Dream of Me," VR, VR chat, eBay, and Furby Connect. When I stutter, I restart my sentence. Goodbye Mortals!**

**Mateo, 10, Roseville, CA**



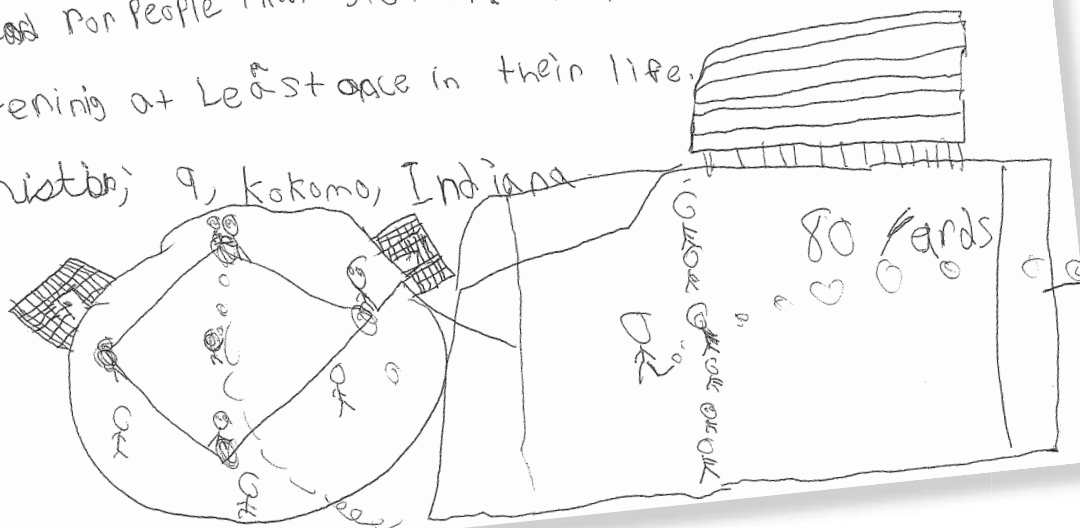
(p.s., buy a V\* Teddy Ruxpin- it's worth the money)

\*V= Vintage

Christian, 9, Kokomo, IN

Hi my name is Christian. I live in Kokomo Indiana. I am 9 years old. I like baseball and football. My favorite stuttering technique is Lip-Pad-Pauses. Lip Pad Pauses are pauses between words. I know that stuttering is hard for people that stutter. but everyone is stuttering at least once in their life.

Christian, 9, Kokomo, Indiana



Hi! My name is Christos. I am 11 years old. I am from Cyprus. I am in fifth grade. I like playing basketball and listening to rap music. I also like to play video games such as Fortnite, Hello Neighbor, and Rocket League.

I also happen to be a boy who stutters. I started stuttering when I was 5 years old. Since then, I have learned many things about stuttering. This is what I mean: 1) Stuttering comes and goes, 2) I can prevent stuttering from happening by being mindful, 3) stuttering should not be something that will affect your personality.

Here are all the things that I want to say to all of you who stutter: Don't be ashamed of yourselves. You are like all the other people, but you are a little special and that is a good thing. Never forget who you are and never listen to the people who bully you. I know it's hard but someday you are going to figure out the best possible way to deal with them. **I sometimes made the mistake of being affected by my bullies.** Never give up if you come across any difficulty that makes your communication effortful. What's important is for you to be able to say what you really want to say without changing your words or not speaking at all. Just be your true self in all circumstances. Stuttering is part of who you are, and you should not try to fight it, just accept it. Who knows, someday you might be thankful about the fact that you did not try to fight stuttering and just accepted it.

Christos, 11, Nicosia, Cyprus



Hi, my name is Maddie. I am 9 years old. I go to speech class, and I like going to speech. We learn different strategies like easy onset. We get to read this magazine, and I like reading the kid's letters. I feel proud that I stutter and if people make fun of me, I just ignore them and walk away. I like to get on my phone and call my friends. We color and make crafts together and sometimes make some for each other. **My favorite snack is Cheez-Its. They are so good.**

Maddie, 9  
Gresham, OR





Hi! My name is Claude.  
I am 11 and I live in New Jersey.  
I like Melanie Martinez and dancing.  
I have a stutter. I go to speech therapy.

To help my stutter, I use strategies like pull-outs  
and easy onset. I want people to know to not rush me or ask me if I forgot what  
I was going to say. I would like them to just not mention it and let me talk.

Claude, 11, Wanaque, NJ

Hi, my name is Donovan. I am 8  
years old. I like to draw. I make  
4D characters with my best  
friend Nat. My favorite strategy is  
cancellation.

Donovan, 8, Westport, CT



Hi my name is  
Donovan. I am 8 years old.  
I like to  
draw. I make  
4D characters  
with my best  
friend Nat. My favorite strategy  
is cancellation.





Hi, my name is Milcah, and I am 9 years old. I live in Hebron, KY. I'm in 4th grade. I started to stutter when I was 4 years old. I started speech in 3rd grade. My speech therapist taught me easy onset, slow rate, light contact, pausing and phrasing, and stretchy speech. **I love to stutter because it shows my true self and when I**

**tell people about it, it makes me proud.** Also, some famous people who stutter are Kendrick Lamar and Ed Sheeran. I'm currently doing drama club and basketball. When I grow up I wanna be a doctor. I also like to draw. I also hate when kids burp and fart.

Milcah, 9, Hebron KY

**Hello bruh, my name is David!** I'm 9 years old, and I am in third grade. I'm from Plainfield, Illinois. I like X MEN! My favorite people in X Men are Cyclops and Wolverine and why I like them is because Cyclops shoots lasers out of his glasses and Wolverine has claws that come out of his hands. I also like to play football. I like to learn about war history because it is interesting. I started stuttering at the age of 2 and my strategies are pausing, easy beginnings, and robot speech. I go to speech at school for my stuttering and we learn ways to have smooth speech. Stuttering is cool! And keep learning.

David, 9  
Plainfield, IL

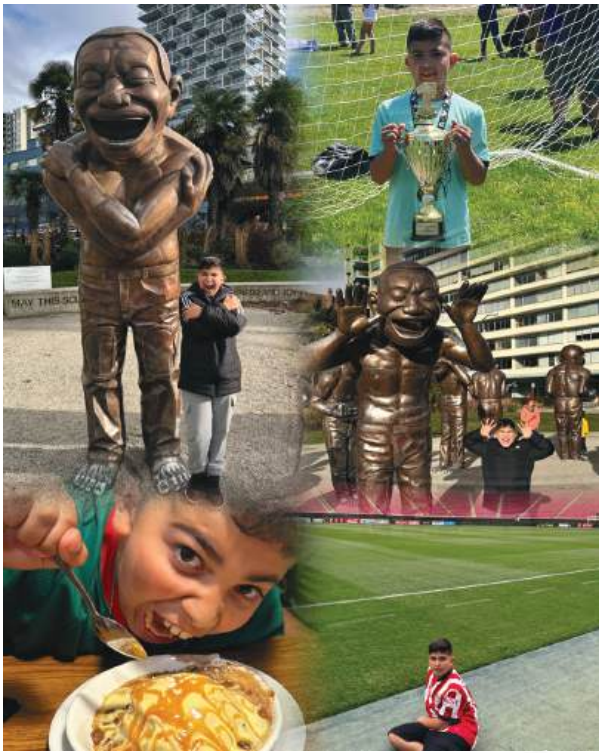


My name is Matthew, and I am twelve years old and in seventh grade. I live in East Amherst, New York with my parents, brother and sister, and my golden doodle Shelby. I enjoy playing baseball and soccer and like climbing high peaks in the Adirondack Mountains with my family. I enjoy reading, drawing, sketching, and playing Legend of Zelda with my brother and sister. **Another thing I enjoy doing is hanging out with my brother and our friends in our treehouse. I also spend a lot of my free time playing a roleplaying game called Dungeons & Dragons with my dad.**

I have mostly good feelings toward stuttering, and my favorite strategies are easy onsets, light contacts, and pullouts. Sometimes in school, when I'm facing a stressful speaking situation, I will contact my teachers and advocate for myself. Usually, I can compromise with my teacher so that I can navigate through those situations more easily.

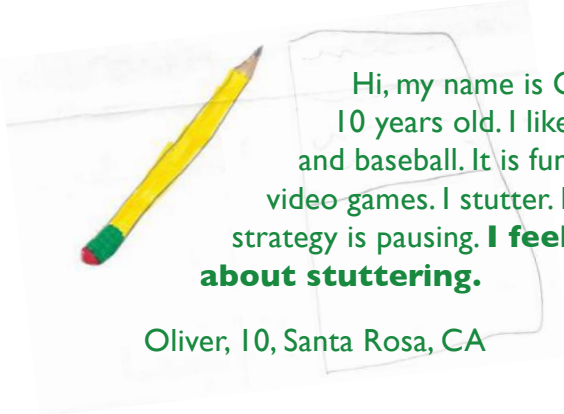
Matthew, 12, Williamsville, NY





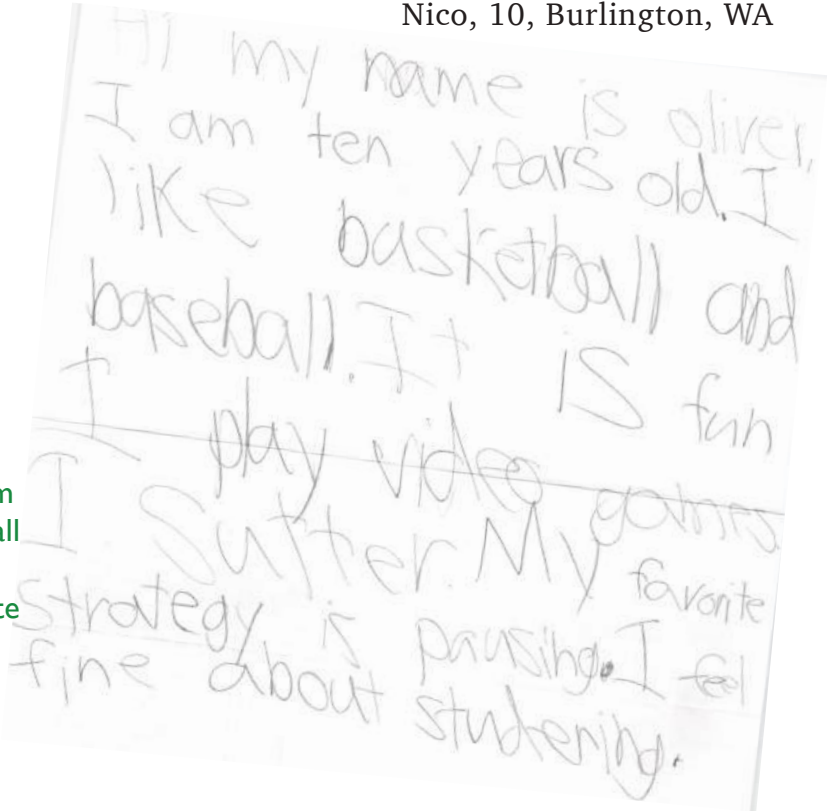
Hi! My name is Nico. I'm in fourth grade and I am 10 years old. I like to play soccer and video games like Fortnite and FIFA. **I have a dog named Rocky. When I stutter, my brother makes fun of me.** I have repetitions and prolongations in my stuttering. It's okay to stutter. Chunking helps me stutter less. Slow and stretchy speech also helps me express my ideas.

Nico, 10, Burlington, WA



Hi, my name is Oliver, I am 10 years old. I like basketball and baseball. It is fun. I play video games. I stutter. My favorite strategy is pausing. **I feel fine about stuttering.**

Oliver, 10, Santa Rosa, CA



Hi, my name is Max. I'm 7 years old. I like to play and do front flips on my trampoline. Sharks are my favorite animal. I like hammerhead sharks the most. I also like to play Legos. I love school! When I do my speech lessons, I like to work on easy onsets or stretching out the first sound in a sentence. I like the book, "I Talk Like a River." My mom and I especially like the audio version of this book. I would recommend it to other kids who stutter.

Max, 7, Middletown, OH





Hi, my name is Damon, and I am 11 years old. My favorite color is green, and my favorite sport is football. I also play other sports like basketball and baseball. I started stuttering when I was 1 or 2, but I have been taking speech therapy, and I have improved a lot. Whenever I stutter some people mock me, but I just ignore them. Some people ask me why I stutter but I just tell them I was born with it.

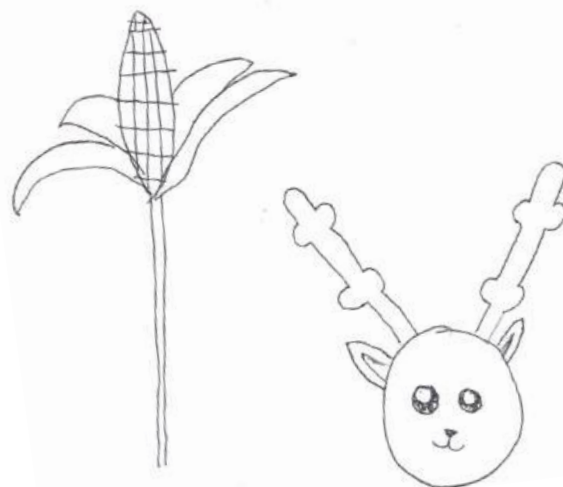
**My message to the 80 million people out there that stutter is just be yourself, and don't let anybody judge you.** Stuttering is not bad; it's just something you don't want. Sometimes when I play sports like football, basketball, and baseball it helps me not to stutter, because those sports make me feel more confident about myself.

Damon, 11, Houston, TX

Hi I'm Noah I am 10 years old and I stutter. I first stuttered when I was 9. And my stuttering is getting better. Don't let other people judge you it's ok if you stutter. I love Animal Crossing my favorite character is Tom Nook. I play Animal Crossing New Leaf and Animal Crossing New Horizons. And the Animal Crossing on the Game Cube. I also love Croissants.



Noah, 10, Decatur, IL



Hi, my name is Olivia! I am 9 ½ years old! I love some sports. **I love volleyball, soccer, and horseback riding!** Sometimes I have to do drum speech because my brain goes way too fast for my mouth! I also like drawing and talking. I am from Illinois! I also want to be a wildlife biologist when I grow up!

Olivia, 9 1/2 , Macon, IL





Hi! My name is Elias and I am in second grade and I am 7 years old. I love my family! I have a twin brother, mom, mommy, two dogs and a cat. I live in Wisconsin but I am moving to Montana soon. I am excited to move and I like getting to drive through many states. My favorite thing in the world is Baby Yoda. He is so cute! I have Baby Yoda Crocs, bed, stuffies, shirts, backpack, glasses, and pajamas. I also like to watch Star Wars movies. Sometimes I stutter which sounds like bumpy speech. This can make me feel sad. To help me, I use strategies from my speech toolkit. I use stretchy speech, easy onset, keeping my voice on, and pausing. The strategies make me feel happy. My advice to other people is to stay calm even if you stutter, it's okay!

Elias, 7, Great Falls, MT



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.

Eko, 10, Orlando, FL



My name is Emmy. I am 10 years old. I am in fifth grade. I love volleyball and Taylor Swift! I have stuttered since I can remember, on some days it's worse, others it's better. My favorite strategy to use to help my stutter is stretches. I love hanging out with my friends, pets, and family. Stuttering is nothing to be embarrassed about, stuttering is a part of who you are, it just makes you more unique.

Emmy, 10  
Aurora, CO



evermore

reputation

folklore

Speak Now  
Taylor Swift

1989 Taylor's version

My name is Maverick. I don't mind stuttering, but I stutter a lot. My favorite strategy is turtle talk. I am 8 years old, and I am in 3rd grade. Stuttering is not something to be ashamed of, it makes you a little different. **One percent of the world stutters. That is 800,000 people.** That may seem like a lot but there are about 900,000,000,000,000,000,000,000,000,000,000 (people in the world)! I like drawing monsters, studying space, robots, and natural phenomena. I like to play soccer and basketball.

Maverick, 8, St. Charles, MO



Hi, today I will tell you everything about me. I like soccer and dogs. My favorite food is pasta, and my favorite drink is root beer. I also like football and my name is Major. I stutter and my favorite thing to help is pausing and stretchy speech.

Major, 10, O'Fallon, MO



## Believe in Yourself!

Hi my name is **Remington**. I am ten years old. I have two sisters, 8 girl cousins, and a boy cousin. I like Nerf guns and the movie *Fast and Furious*. I also like the game *American Marksman*, **hunting**, and **fishing**. One time when my dad and I went ice fishing, we set up tip ups and I caught a big **largemouth bass**! He was 23 inches and 5-6 pounds!

I **stutter** a lot, but it's fine that I **stutter** because **stuttering** is not bad. Even though I **stutter** it doesn't mean I'm different. It just means I say sounds over and over like a **repetition**, that's how I **stutter**. So don't be shy to **talk**.

In **speech** I learned that **pausing** helps me to not **stutter** as much. So what are your **strategies** to help you to not **stutter**? I go to my **speech therapist** who helps me to **learn** about **stuttering** in her classroom. I learned that girls **stutter** less than boys and you might **stutter** your whole life.

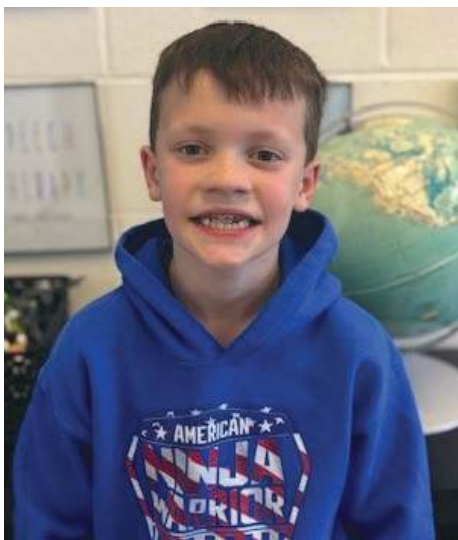
Don't worry if you **stutter** you'll be fine, just remember how you **talk** doesn't change your abilities in your **heart**.



**Remington, 10**  
Thorp, Wisconsin







Dylan, 9, St. Peters, MO



fortnite

Fortnite is an online game. It has guns but no blood and is my favorite game.



Football is a great game for really tough and strong people. It is my favorite sport.

American  
ninja warrior



American ninja warrior is a tiring, challenging, and fun sport. It is my favorite sport.



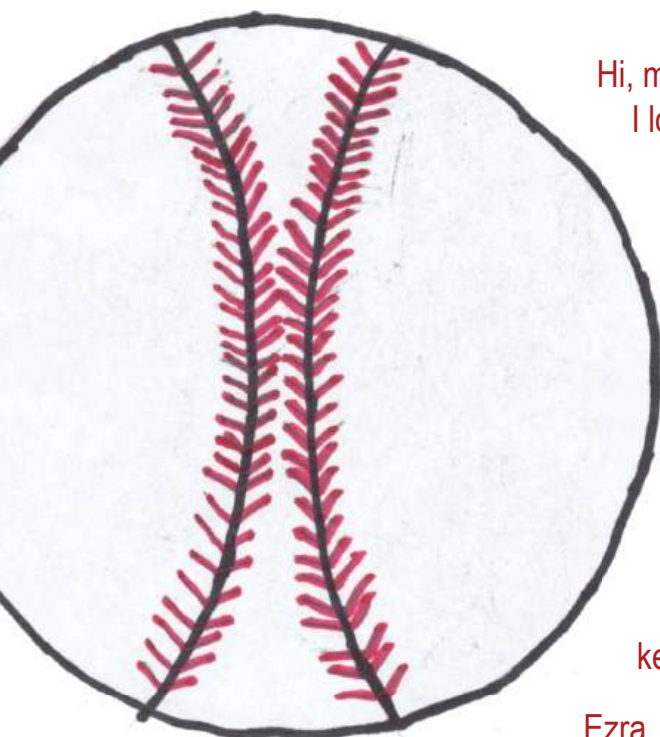
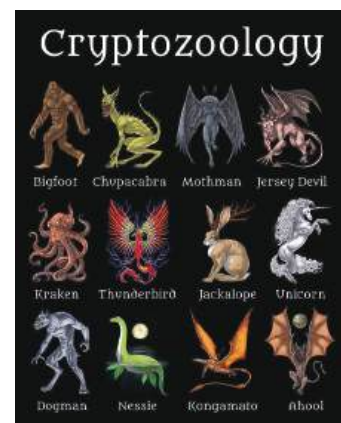
My name is Dylan and I stutter. My favorite strategy is turtle talk.



**Hello, my name is Ryder and I have a pretty bad stutter. I am in the sixth grade in Orange, CA. I am into Cryptozoology which is the study of Cryptids/Mythical creators.**

My favorite Cryptid is the Wendigo. I also love snakes and colubrids. My favorite snakes are the ball python and hognose snake. I am also into making bakeable clay sculptures. I have a stutter where I have a block kind of like a traffic jam. I feel upset and uncomfortable when I stutter and I usually get embarrassed, especially when I'm in front of a large number of people. One thing my speech therapist helps me with are strategies like thinking of what you are going to say then say it and pull-outs to ease out of a block. If you have a stutter just know you are not alone, even famous people like Joe Biden, Kendrick Lamar, Ed Sheeran, and Elvis Presley.

Ryder, 12, Orange, CA




Hi, my name is Ezra, and I am 11 years old and I'm in 5<sup>th</sup> grade.

I love to play baseball, football, soccer and video games. I like Fortnite, MLB The Show 24, and WWE 2K24. My favorite food is tostadas, and my favorite type of animal is a snake. I started stuttering when I was in 1<sup>st</sup> grade. I remember when kids kept making fun of me for stuttering. I was really mad. The one thing I do to help my stuttering is taking a deep breath before I talk. Make sure to use the breathing hill too. The breathing hill could help you with blocks. I have a lot of trouble speaking. Don't be sad because you're the only one who stutters because almost everybody stutters like James Earl Jones and Bo Jackson and George Springer and even Elvis Presley. Don't be afraid to tell someone you stutter. Just be yourself and keep trying.

Ezra, 11, Tustin, CA

Ezra





My name is Cayden. I am 8 years old. I like to play robots. My favorite strategy is stretching. My advice is you should think before you say something.

Cayden, 8, Lafayette Hill, PA

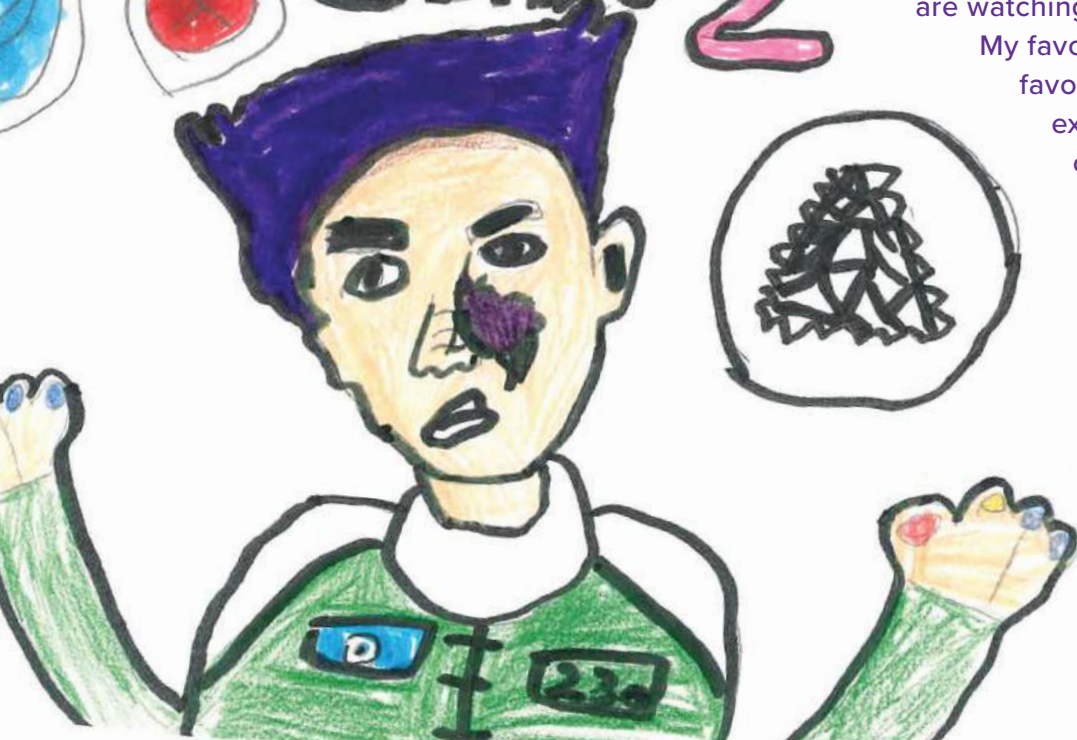


Hi My name is Ethan. I am 9 years old. I am in 4th grade. I like to play soccer and my favorite position is defense. Sometimes I stutter and sometimes I don't. What helps me not stutter is going slow. My favorite soccer player is Cristiano Ronaldo.



Ethan, 9, Nashville, TN

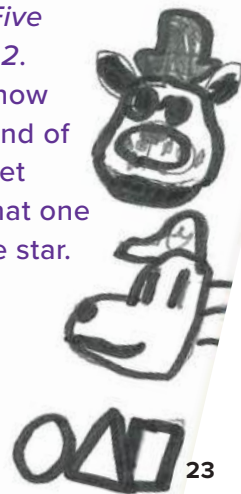
# SQUID GAME 2



Hi! My name is Elvis and I am 9 years old. I am in the fourth grade and I go to speech therapy with my friends Justus and Zaya. In speech, my favorite strategy is to use light contact. Outside of school, my favorite things are watching shows and documentaries.

My favorite movie is *Dog Man* and my favorite show is *Squid Game 2*. I am excited for the movies that are coming out this year, like *Jurassic World Rebirth* and *Five Nights at Freddy's 2*. I want people to know that stuttering is kind of hard but you will get used to it. I hope that one day I will be a movie star.

Elvis, 9, Oxnard, CA



# 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!”

LETTERS FROM SLPs





“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!”

“Thank you for all the therapy ideas and resources, as well as working to create a community for individuals who stutter!”

“I have two 5th graders who have been working very hard in therapy, learning about their stuttering. Together we read your magazine, and they especially love reading the letters from other kids around the country.”



**“MY STUDENT IS SO EXCITED  
TO GET HIS SUBMISSION  
IN THE MAGAZINE.”**

“My two students have worked very hard on their letters to submit for your Stuttering Foundation magazine! They have enjoyed reading the kid’s letters magazines that I bring to my speech therapy sessions for them. We are excited to see their letters published in an upcoming Stuttering Foundation magazine!”

“Just wanted you to know my student received all of the things (books, letter, copies of magazine) and he was thrilled! He couldn’t wait to tell me he received the magazine. I received copies, too. Thanks so much for getting his submission published and for the gifts for him.”

“Attached are some letters from two of my students. We look through the letters in your mailings all the time. Thank you!”

“I am a school SLP reaching out to submit letters written by two fifth grade students who receive speech therapy. In speech today, they enjoyed reading about other students (similar in age/interests) who stutter. They were both very excited in hopes of getting their letters submitted!”

“My student is a faithful reader!”

“I wanted to reach out because I have a student who loves your newsletter, particularly the Kids Letters. It gives him a lot of comfort and confidence to read stories from kids all over the country who stutter just like him. He loves the letters so much that he wanted to write one of his own! I got permission from his family to share it with you. I know you probably receive a ton of these, but if you happen to find the space to print his letter could you let me know? It would mean a lot to him.”

“Thank you for your dedication to supporting children who stutter.”

“My student has written a wonderful letter about herself and stuttering. We can’t wait to see her letter in the magazine! Thank you for all you do! “

Hi, my name is Ryan. I love the Philadelphia Eagles and playing football. When I grow up, I will be a wide receiver for the Eagles. I was born in Long Island, New York. I have 2 brothers, and I am also the oldest twin. My favorite thing to do is play outside with my bunny, his name is Oreo. I always play with my bunny. I got Oreo when I was 10 years old. I have 10 friends and their names are Vincent, Nickolas, Kaiden, Christian, Nathan, Cyrus, and Harris. We like to play Madden25, Roblox and Fortnite. So, let's get to the stuttering part. My favorite strategy is the pause strategy because if I feel like I will make a mistake I can stop what I am about to say. Stuttering could be a bad friend or a good friend. You can make mistakes but if someone mocks you, just ignore them or just say can you please stop.

Ryan, 10, Middletown, DE



be kind

My name is Samantha. I am 7 years old.

I like to call my friends. My favorite strategy is pausing. My advice is if you don't get the word you're trying to say, then do it again.

Samantha, 7  
Plymouth Meeting, PA



Hello, my name is Sharon, and I am 10 years old. I stutter and I live in Hebron, KY. Stuttering is fun because it feels like a superhero power. My speech teacher is the best because I do not stutter that much anymore. **I used to go to chorus, and I do not stutter when I sing.** My favorite strategy is stopping/pausing. What is your favorite strategy? Also, I like to draw, and art is my favorite. I am glad that I stutter. It is so fun and if someone bullies you tell a teacher because stuttering is cool like me! So don't be shy to stutter, it is cool!!!!!!!!!!!!!!

Sharon, 10, Hebron KY



# Learn About Stuttering

## What is Stuttering?

IT IS DIFFERENT.  
SPEECH EX.

(Bumpy/Slurred/Block)

## How does stuttering feel?

I notice it in my voicebox the most.  
It feels tense; about 50% more tension in my voice when I stutter.

Felix, 7  
Vernon

hills, IL, USA

## How I Stutter

I might not talk because sometimes when I stutter when I talk to a friend.  
Sometimes I stutter when my teacher surprises me.

## What Can Stuttering Be Like for Others?

Sometimes the problem happens in the lungs.

Sometimes your tongue twists and then when you start to talk your tongue never gets untangled.

Sometimes it feels hard to breathe and talk.

## What I Want Other People to Do When I Stutter?

- Parents:
1. Let me write down a message on paper or WeChat.
  2. Give me a talking break (maybe around 20 minutes)

- Siblings:
1. Ignore my stuttering and just keep talking to me.

## What I Want Other People to Do When I Stutter?

- Teachers:
1. Be nice and don't make me do "must dos."
  2. Be flexible with my talking. Let me take a pass on talking if I need to.
- Friends:
1. Please let me finish what I'm saying



## Fun Facts About Stuttering

- \*Stuttering varies over time: Sometimes it seems to go away but it may come back!
- \*Stuttering can begin quickly or develop gradually over time!
- \*Stuttering happens in 4 times as many boys as it does in girls.
- \*Someone cannot "catch" stuttering from another person. It is related to a brain process.
- \*There are a variety of treatments for working with someone who stutters!



## Fun Facts About Stuttering

- \*Don't interrupt people when they talk even if they stutter!
- \*Winston Churchill, the leader of munitions during WWI, stuttered!
- \*King George VI stuttered!
- \*Stuttering usually begins in childhood, between the ages of 2-5 years old.
- \*There is a genetic component to stuttering. It is common to have more than one person who stutters in a family.



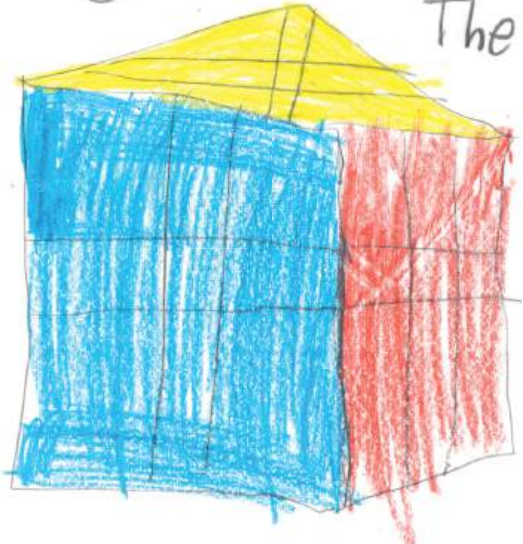
A Roller coaster reminds me of bumpy talking (Sorry if I spelled it wrong)

Hi, My Name Jack I love Rubik's cubes



I am 8 years old

The strange contact, I use is light



Hi, my name is Jack. I love Rubik's Cubes. I am 8 years old. The strategy I use is light contact.

Jack, 8, Westport, CT



# CAN YOU FIND YOUR FAVORITE STRATEGY?



puzzle solution on p. 33

BOUNCES  
BUMPY  
CANCELLATION  
CHUNKING  
DEEPBREATH  
EASYBEGINNINGS  
EASYONSET

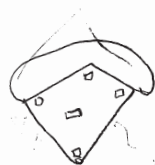
LIGHTCONTACT  
PAUSING  
PHRASING  
PROLONGATION  
PULLOUT  
RESET  
ROBOT

SLIDING  
SLOW  
SLOWRATE  
STRETCHY  
TAPPING  
TURTLETALK



Hi, My name is Jaannum, and I'm in 5<sup>th</sup> grade. I love playing baseball, going to the park every day (I only live 2 block away), and I love playing basketball their with my dad and my younger brother! I love going the trampoline park with my close friends and we love playing tag or hide-and-seek! And I love baking cookies, cakes and any other sweet with my mom and my brother. When I stutter, I stop talking and take 5 or 10 big deep breaths and think of a strategy like "light contact" or maybe "Easy start".

Jaannum, Roseville, CA



baseball field

Baseball Baseball



Hi, my name is Jackson. I like baseball. My favorite pitcher is the fastest thrower in baseball, Chapman. I started stuttering in PreK. I have been in speech therapy in kindergarten - 5th grade. I don't know if I am going to speech therapy in 6th grade. My favorite video games are Fortnite and Roblox. I gave a presentation when I was in 4th grade about speech tools that I use. Some advice that I want to give you is to not give up on your dreams. It could make you really good at something that you dream about.

Jackson, 11  
Weatherford, TX

Texas Rangers

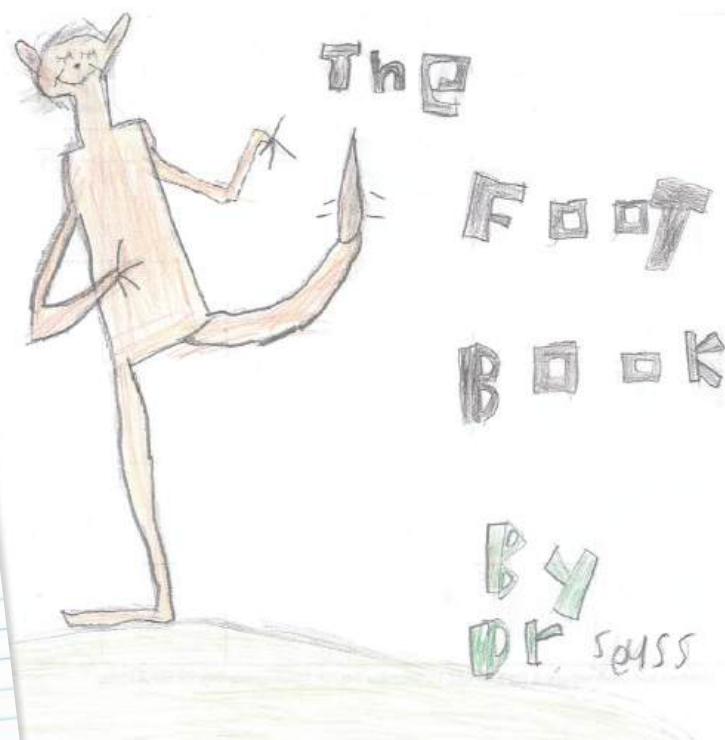
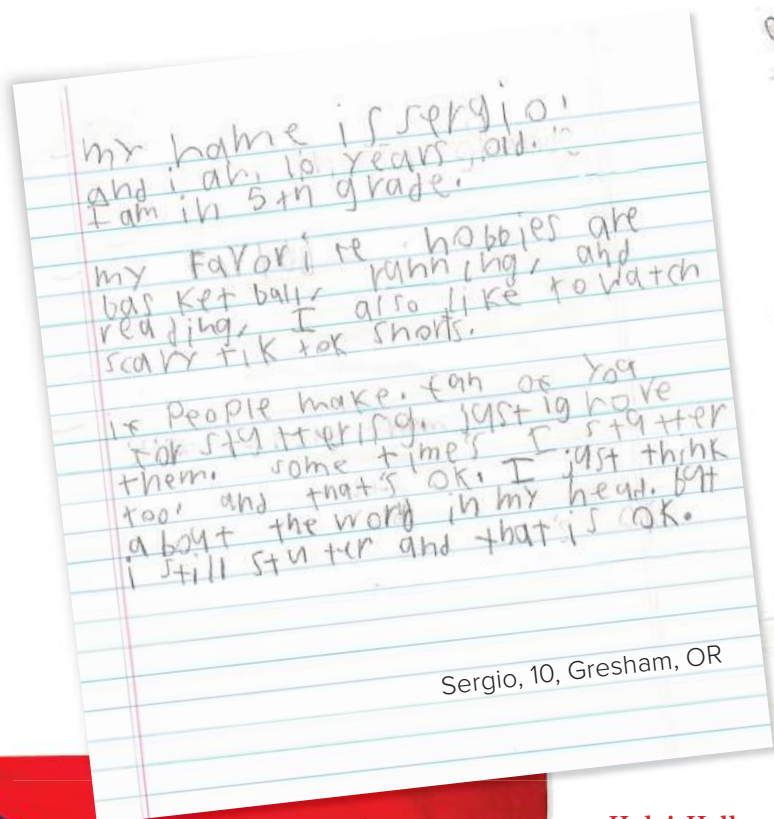
Sometimes talking slowly helps me stop stuttering. I stutter more when I am out of breath. I take a deep breath, and I start talking

slowly. **I think my stutter has gotten better over the years.**

I started stuttering when I was three years old. I don't remember but some kids do. After a long day at school, I go to my room, and I play Roblox and Call of Duty. At school my favorite class is gym because if the whole class is good, he will let us play basketball and football.

Jamari, 11, Milwaukee, WI





Hola! Hello, my name is Jovaniel or you can call me Jovi. I am 11 years old. I was born in Milwaukee, Wisconsin but my family is from Puerto Rico. I have visited there before and it is a fun place. I enjoy it a lot. I have two dogs, Teddy and Miley. Miley had six puppies

and I kept two. I like Pokemon and Legos as well. My favorite sport is soccer.

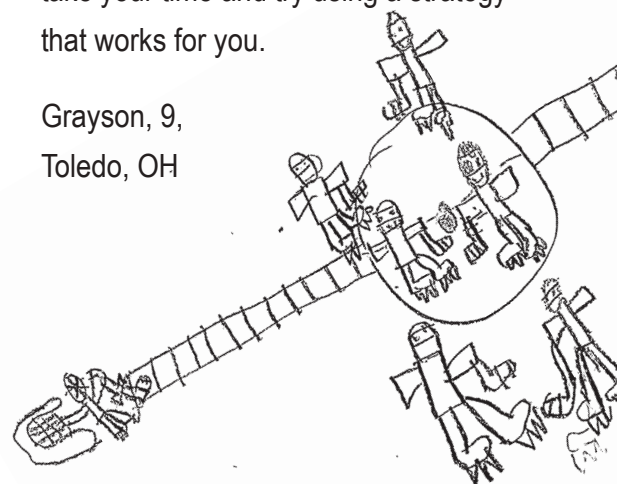
I started speech class in the start of 1st grade. At first I was nervous because I had to meet my speech teacher online during COVID. Now I am in 5th grade and still in my speech class. My strategies are the stretchy speech or the cancel. The stretchy is when you are bouncing and you stretch it out until you say the full word. The cancel is when I stop and start talking again. I use the stretchy strategy more often. I think it has helped me throughout the years. Now I am here talking more fluently and not getting bumps that often.

Let me give you advice about bouncy speech. You could try some of the common strategies or maybe you can make your own that helps you better. I am not sure what I want to be when I grow up but hopefully I will pick something that is a fair job that is good enough for me. Never give up if you have trouble with your speaking. If you have bumps, use some of my advice and have a great day!

Jovaniel, 11, Milwaukee, WI

Hi, my name is Grayson, and I am 9 years old. I am in third grade. I like to play hockey, Minecraft, go rollerblading, and play with my younger brother. My favorite hockey team is The Anaheim Ducks. I am a person who stutters, and in speech therapy I am learning easy onset and turtle talk. It's okay if you stutter, just take your time. If people make fun of you just ignore them. When I stutter, I really don't care if I stutter. I just take my time and move on with the rest of my day. And if it bothers you, just take your time and try using a strategy that works for you.

Grayson, 9,  
Toledo, OH





Hi! My name is Teiri. I am 10 years old, and I am from Milwaukee, Wisconsin. I like Roblox and Fortnite. My hobbies are video games and organizing. My family is a happy family, and they are nice. I like building with Legos and creating a lot. I created a house out of Legos.

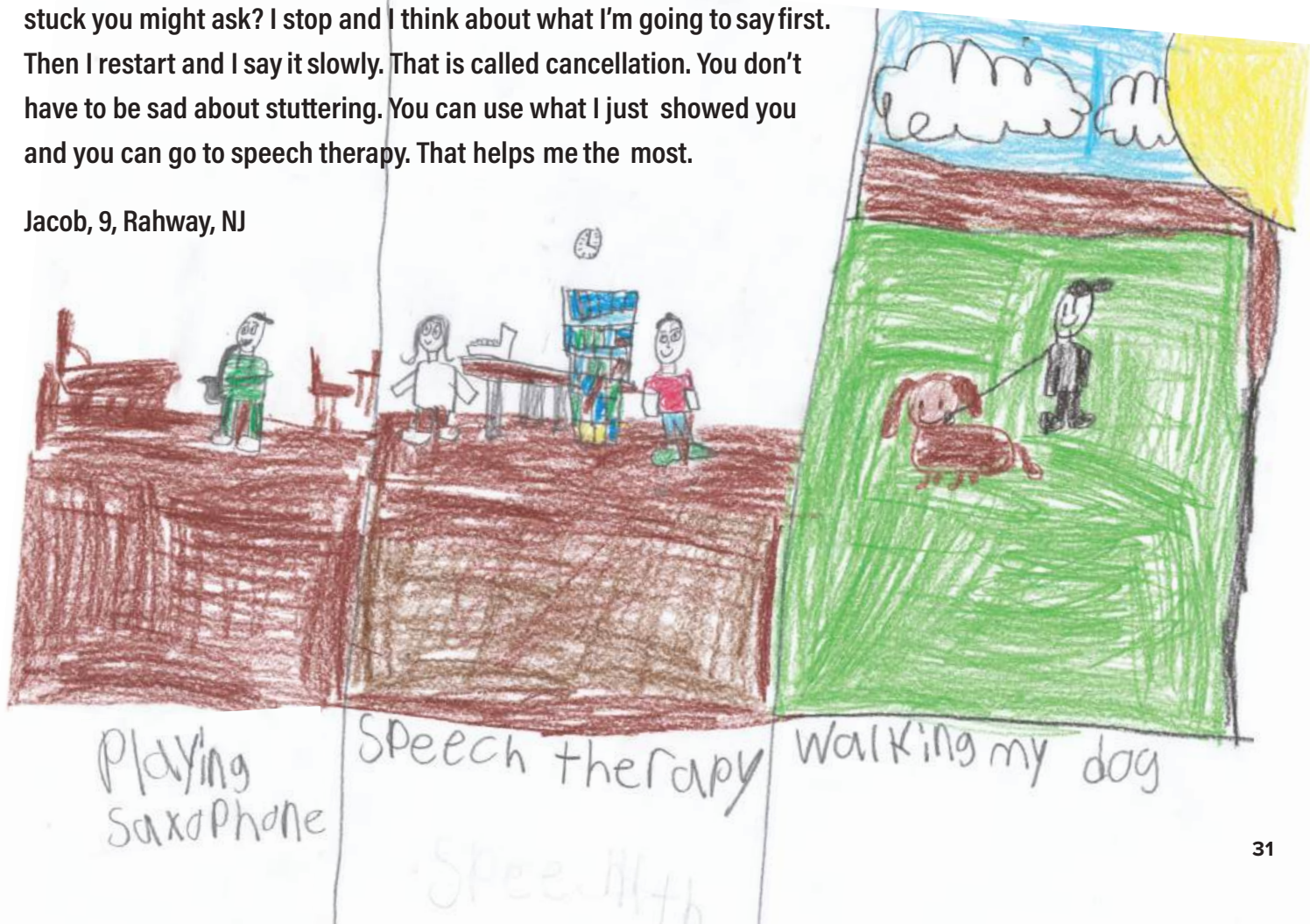
If you stutter, it's okay because other people stutter too. If they make fun of you, just ignore them. If a little kid stutters, I would say, "It's okay to stutter. Sometimes, I stutter too. If anyone makes fun of you ignore them or walk away." My favorite strategies to use are stop and start again, stretchy slide, and chunking my words.

Teiri, 10, Milwaukee, WI



Hello everyone! My name is Jacob. I live in New Jersey. I like to play Roblox with my friends and I like to play with Pokémon cards. I like music and I play saxophone. I have a dog and his name is Fenix. Sometimes I stutter. When I stutter it is hard to talk like I get stuck. What do I do when I get stuck you might ask? I stop and I think about what I'm going to say first. Then I restart and I say it slowly. That is called cancellation. You don't have to be sad about stuttering. You can use what I just showed you and you can go to speech therapy. That helps me the most.

Jacob, 9, Rahway, NJ



Sometimes,  
stuttering hurts.  
We can help.

And so can you.



Make a difference.  
Donate today.



THE  
STUTTERING  
FOUNDATION®



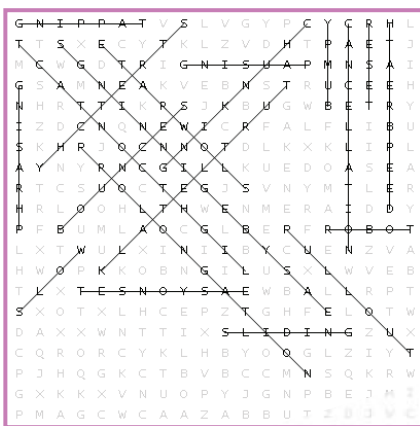


Hi, my name is Addison. I'm 9 years old. Here are some facts about me. I have two dogs named Glen and Denver, I stutter a lot, I like to play games, and I love my speech teacher Mrs. V. She is so nice. It is ok to stutter, don't be scared to stutter.

Here are some tips to help stuttering. **TIP 1: take a deep breath, TIP 2: if you ever have a block here is how to help that, stay calm.** A prolongation is when you make a sound long or a word long. This is how your speech anatomy works. First you think of what you want to say, next you get air from your lungs, then it goes in your trachea and then in your vocal cords, then you talk.

Addison, 9, Owasso, OK

PUZZLE SOLUTION FROM P. 28



Hi, my name is Kinley and I am 8. I am in 2nd grade. I am good at softball and my Dad coaches.

I like to hang out with my family. I have seven people in my family and it is a lot of fun. I can control my stuttering. I do little bounces sometimes. I use sliding, light contact, and slow speech when I stutter.

Stuttering is something small. Everyone stutters sometimes.



Kinley, 8, Sutton, NE



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, WA



DANDY'S  
WORLD ♥



Remind your self "I am brave"

Hi, my name is Anderson and I'm 9, and I like to play Minecraft and Roblox. My favorite game in Roblox is Dandy's World (really fun). My sister makes fun of my stuttering all the time, and I hate it. And my favorite strategy is turtle talk / slow speech, and when I stutter near my friends, they don't care unlike my sister. And if you're in a situation like my sister making fun of me, ignore them, and don't listen to them. Remind yourself, "I am brave."

Anderson, 9, Aubrey, TX





Hello! My name is Landon. I am 8 and a half years old. I like to play Roblox and watch Naruto and I like to play football. This year I am going to an NFL football game with my grandpa. At my school I like to play dodgeball and have speech time. I do easy onsets and stretchy speech. I have learned that it is okay to stutter.

Landon, 8.5, St. Mary's, OH



My name is Ava. I'm 10 years old and I live in Seattle, Washington. I like to play video games, draw, code, color, and play with my Pokémon cards. Also, one of my favorite things I like to do is play the flag game. This is what you do: you show a person a picture of a flag and they guess what country it is by that flag. I have memorized over 100 flags. Another of my favorite things I like to do is eat food. My favorite food is spam musubi.

I started stuttering when I was 1-3 years old. In my own free time, I would go to my British Preschool and go to a speech therapist. The types of stuttering I notice I do are prolongations and repetition. We would practice sounds and different strategies for my stuttering. When I was in second grade my classmate Oliver and I would go to one of the school's speech therapists. When I went to speech therapy with my peers it felt good to have someone else to talk to because I would not feel alone.

Last year when I was in 4th grade I practiced stuttering strategies; I did that with my speech therapist. I did that with one of my peers too. Now I do speech therapy with my teacher and with my peers. I practice my th's and I worked on a presentation about stuttering for my class. Overall, I'm not ashamed of going to speech therapy or my stuttering, I enjoy and think it's fun!

Ava, 10, Seattle, WA



Hi, my name is Ximena. I am 8 years old. I stutter. My favorite color is black and my best friend's name is Ellie. I like to color. I live in San Diego. I love the Chargers. I have been stuttering since I was 2 years old. My favorite tools are pullouts. I do not get bullied but I have in the past. I am going to give you guys some advice. If people bully you say, "sticks and stones can break my bones, but your words can never hurt me."

Ximena, 9, San Diego, CA



Hi my name is Justus and I am 9 years old. I am in the fourth grade and I go to speech therapy with my friends Zaya and Elvis. In speech, I have learned that everyone talks differently and different is good. Outside of school, I like to play soccer with my brother and I like to play FIFA on my PS5. I am excited for summer because I get to go on field trips with the Boys and Girls Club. I want people to know that stuttering can be hard sometimes. I hope that one day I can help others who stutter.

Justus, 9, Ventura, CA



**Hi! My name is Jojo.**

I have one dog named Winnie and 11 fish. I have one older sister and one younger brother. When I stutter, I get frustrated a lot. When I am at home, and I stutter, my family helps me. When I stutter, I like to stop and say it again. Sometimes when I stutter, I feel angry and anxious because a kid in my class is bullying me because of my speech. Even though I stutter, I help out a lot in school and outside of school. I also enjoy talking with my friends a lot. My family and my teacher help me with my speech by giving me strategies or letting me take a break. I wish people knew that stuttering isn't something that all people do, but you can have control and there are many different ways to help. Thank you for reading my letter. I like that stuttering is a part of me.

Josephine, 8  
Homewood, IL

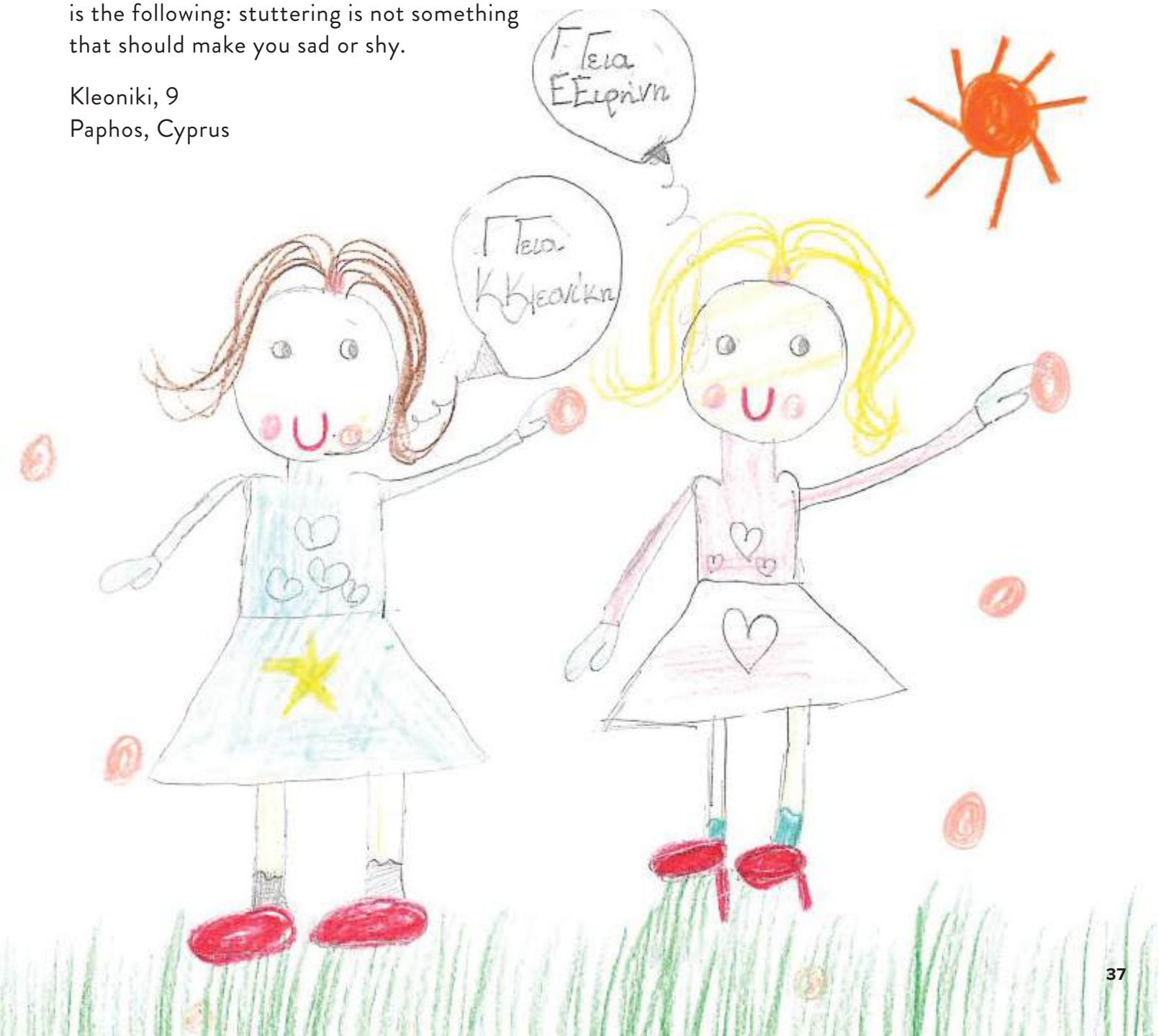


**Hi. My name is Kleoniki. I am 9 years old. I am from Cyprus.** Cyprus is an island in Europe. I am in third grade. I love drawing and collecting different items with Stitch. This year I began learning how to sing and play the guitar.

I started stuttering when I was in first grade, and it got worse in second grade. A few months ago, I began speech therapy. In therapy, I learned that I should not allow stuttering to limit my communication. I learned to do 'forward' moves. What I mean is that I raise my hand every time I know the answer, I read aloud in class, and I ask for help if needed at a store. A huge 'forward' move for me was when I presented what stuttering is in front of my classroom. Even though I was afraid and hesitant to do it, after it was completed, I felt very good about myself. I was able to teach my classmates what stuttering is.

My message to all the other children who stutter is the following: stuttering is not something that should make you sad or shy.

Kleoniki, 9  
Paphos, Cyprus





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



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