



THE STUTTERING FOUNDATION

www.StutteringHelp.org

SUMMER KIDS 2024

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



VOLUME SEVEN

KIDS LETTERS

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



Dear Reader,

My name is John Finn and I, among many other things, am a person with a stutter (PWS). As I am sure most of you know, living with a stutter certainly isn't easy and I am grateful for the opportunity to share some of my experiences with stuttering, things I have learned over the years, and things that I wish I had known when I was younger.

I wanted to share my story because when I was your age, I would have loved to have heard from people who stutter that have been successful in their lives not because they overcame their stutter, but in spite of (or even because of) their stutter. I spent many years feeling like stuttering was something "bad" and that I was doing something wrong, and it wasn't until I was older that I started to realize that while stuttering was a part of me, I didn't have to let it define or limit me.

If there is one thing I hope you take home from my story, it is that you don't have to wait until you are fluent to do the things you want to do! Living with a stutter has been a challenging, frustrating, amazing and rewarding thing that has made me the person I am today. If you stutter, you are in good company!

Take care,
Johnathan (John) Finn

WHERE ARE YOU FROM: I am from a small town in Canada called Milton, Ontario. I currently live in Boston, Massachusetts.

WHAT DO YOU DO: I am a scientist and have spent almost 25 years working in the field of gene and cell therapy, and am currently the Chief Scientific Officer of Tome Biosciences, a gene editing company focused on developing curative medicines for patients in need.

TELL US ABOUT YOUR FAMILY: I am the oldest of 5 kids and my mom is the oldest of 9, so I come from a very large family. Huge holiday gatherings at my grandparents house are one of my fondest memories! I have wife (Ariel Kraten) and two amazing kids, Abraham (11) and Aenea (6).

WHAT ARE YOUR HOBBIES: I am a huge Sci-Fi/Fantasy fan, and you will usually find me reading epic, multi-book series (*Wheel of Time*, *Stormlight Archive*, *Cradle*, etc). I also like archery, playing cards (Euchre and Poker are my favorites), and am a long-time beginner guitar player!

I don't remember a specific instance where I began to stutter, I actually can't remember a time when I didn't stutter. My two brothers also had pretty mild stutters when they were younger, but you would not even notice that today. I am definitely the best stutterer in the family!

I had a lot of challenges with stuttering as a child, and I really let it hold me back. I would never answer questions in class, and always dreaded the annual public speaking requirement, where I had to give a 5-minute speech to the class. This was something that caused a lot of anxiety and emotional pain. When I was younger, I held a lot of that emotional pain inside, but sometime around grade 5 or 6 I reached a point where I just exploded and had to let all of those emotions out. I still remember spending a few days being supported by my mom and the rest of the family as I cried and raged and let it all out.

That was one of the turning points for me where I stopped holding things in and instead would ask for help when I needed it. Even after this, I was still very self-conscious about my stutter and saw it as something shameful that I should be embarrassed about. I remember many nights where I would hope and pray to wake up and be "normal". I still remember the panic that would strike when the phone rang or when I had to order food at a restaurant. It took many years to reach another turning point near the end of high school where I finally decided that I was tired of letting my stutter hold me back and that I could be myself, even in spite of having a stutter.

You don't have to wait until you are fluent to do the things you want to do.

One of the frustrating things about stuttering is that it isn't constant. I have "good" days and "bad" days even today, and my fluency can fluctuate based on many factors. That being said, I have found that as I have gotten older my stuttering has improved. I think it is a combination of understanding factors that affect my fluency so that I can optimize for more "good" days, and also having accepted my stutter and realizing that I don't have to avoid stuttering to be successful.

I still remember when I first read an article about the genetics of stuttering, and how they had identified a specific gene in a family that was directly related to stuttering. This was an eye-opening moment for me because all of a sudden, I realized that stuttering wasn't something that I was doing wrong or that I should be blamed for, it is a complicated disorder that has a clear genetic component. Blaming myself for stuttering would be like me blaming a person with muscular dystrophy for being in a wheelchair. It helped me have a lot more compassion for myself.

I think a lot of times people focus on the negatives of having a stutter, but looking back, I am grateful for my stutter and everything that it has taught me. I think I am a more understanding and compassionate person because of it, and it has led me on a journey of self-discovery that has helped me become the person I am today, and I like who that person is.

You don't have to wait until you are fluent to do the things you want to do. If you want to work on your stutter, there are a lot of options! See what fits, and what doesn't. But, at the end of the day, know that you are good enough today, regardless of whether you stutter or not.





**There is nothing
a Child
Who Stutters
Cannot Do.**





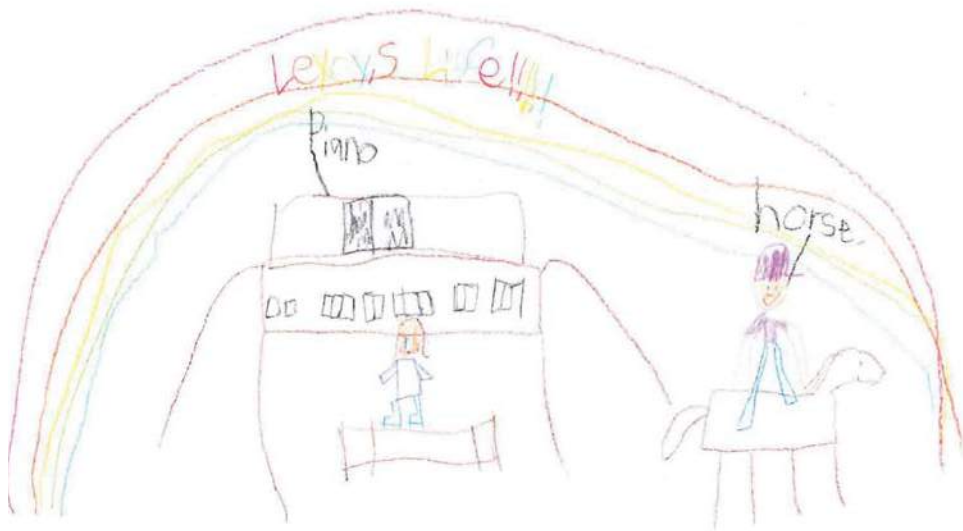
DEAR SFA:

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

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

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

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



Hi, my name is Lexey. My favorite thing to do is gymnastics in my front yard. I also like to hunt for lizards and look at all the different birds on our bird feeder. I like abcya.com because it has really fun games. My favorite dinner food is chicken cordon bleu. I play tennis, gymnastics and my favorite part of the day is dinner. I also do horseback riding and piano. I look just like my mom but act just like my dad. I am in second grade and my brother is in middle school. Every day, I go on my computer to do my schoolwork and then we sit on the couch in the homeschool room and my mom reads us Living God's Way. I do homeschool because we wanted to try it out before we move next year. My dad is in the Air Force and next year we will finally move closer to my grandparents and other family. I have 2 dogs – one is young, his name is Rusty. My other dog is old, and her name is Porscha, but we call her PoPo. My favorite animals are koalas because they are really peaceful animals, but I really love horses too. If you were speaking in public, you could take small breaths in between to help you slow down. Stuttering is okay and you should never be afraid to do it.

Lexey, 7, La Plata, MD

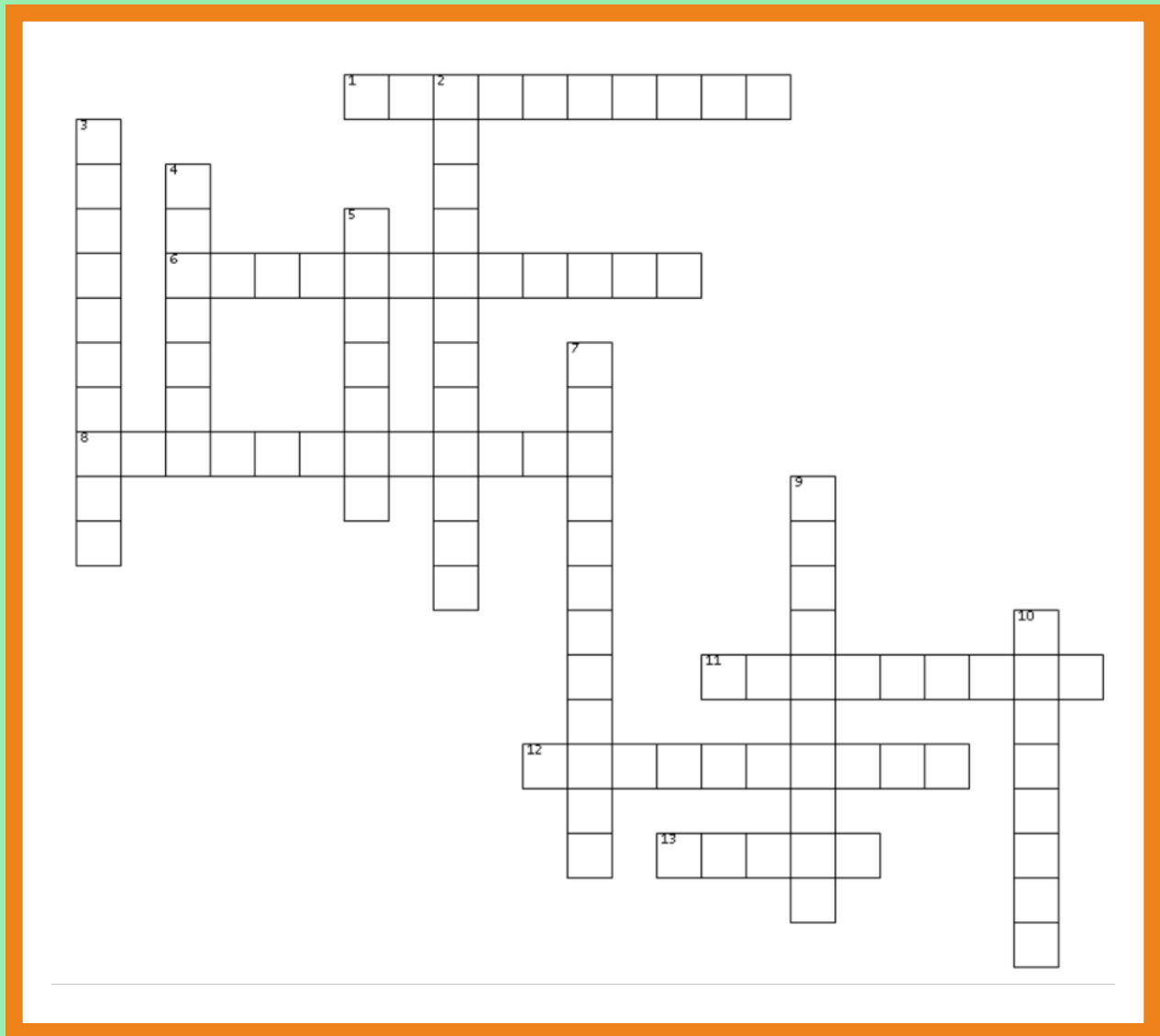


My name is Jaxson and I'm 8 years old. I have 2 dogs and my dogs' names are Mashone and Henry. I love playing with my dog Henry! My kitten's name is Sophie and my other cat's name is Precious. My favorite food is stuffed shells, and my favorite book is "The Elf on the Shelf." My favorite games are Minecraft and Roblox. My favorite strategies in speech are using cancellation and pausing. I have taught my friends the three types of stuttering. They are interjection, repetition, and prolongation. Interjection is when you add or say a lot of words you don't want to add in like 'uh' and 'um.' One thing I have learned about stuttering is that some people might try to help you, but they don't know how. I told my friends to try not to talk over me when I'm stuttering. I was proud of myself when I told my class about the three types of stuttering.

Jaxson, 8, Phelps, NY

STUTTERING CROSSWORD

FIND THE PUZZLE SOLUTION ON PAGE 20 *(but no cheating!)*

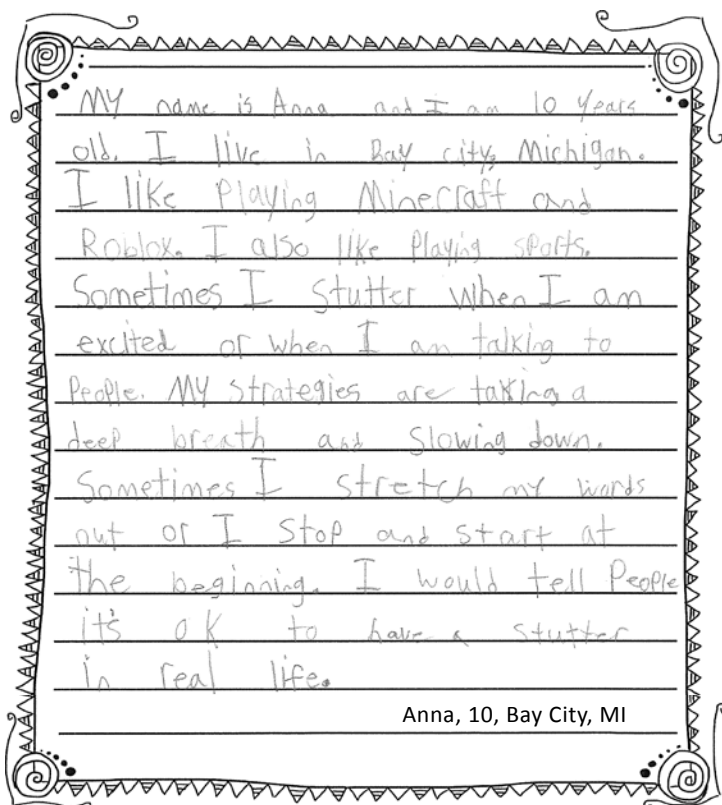


ACROSS

1. Repeat parts of words
6. When speaking, use your teeth, lips and tongue to form various sounds
8. Adding a sound or word
11. Using your voice very slowly and gently
12. When we do not speak smoothly
13. Having a hard time getting a word out

DOWN

2. Stretch a sound out for a long time
3. Techniques to help improve speech
4. Releasing the tension, stretching the syllable
5. Talk with continued involuntary repetition of sounds, especially initial consonants
7. Can be used after a stutter has already occurred
9. Take time to slow down speech
10. Changing the words in a sentence



Hi, my name is Jax and I am 8 years old. I have trouble with my speech. If I take a breath, it will help me sometimes. I love to go fishing for crappie in the spring and fall with my Dad. I also love to go camping in the summer. I love to play football too.

I played last year and this year. Right now, I play basketball for the Storm. My stutter does not hold me back, but it is hard sometimes.

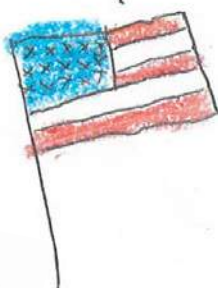
Jax, 8, Decatur, IL



Hi, my name is Hunter, and I am 9 years old. I am in 4th Grade this year. I like to ride my bike with my friends. I like to build things and then destroy them. Sometimes when I talk, I get stuck, and it is hard for me to get my words out. In speech, my teacher shows me ways to talk so my words come out easier. What helps me the most is to stop the word and then say it again using a "light touch" or an "easy onset." I have also learned to relax so my words come out easier.

Hunter, 9, West Bend, WI

hot Surfer
wheels JDM
cars

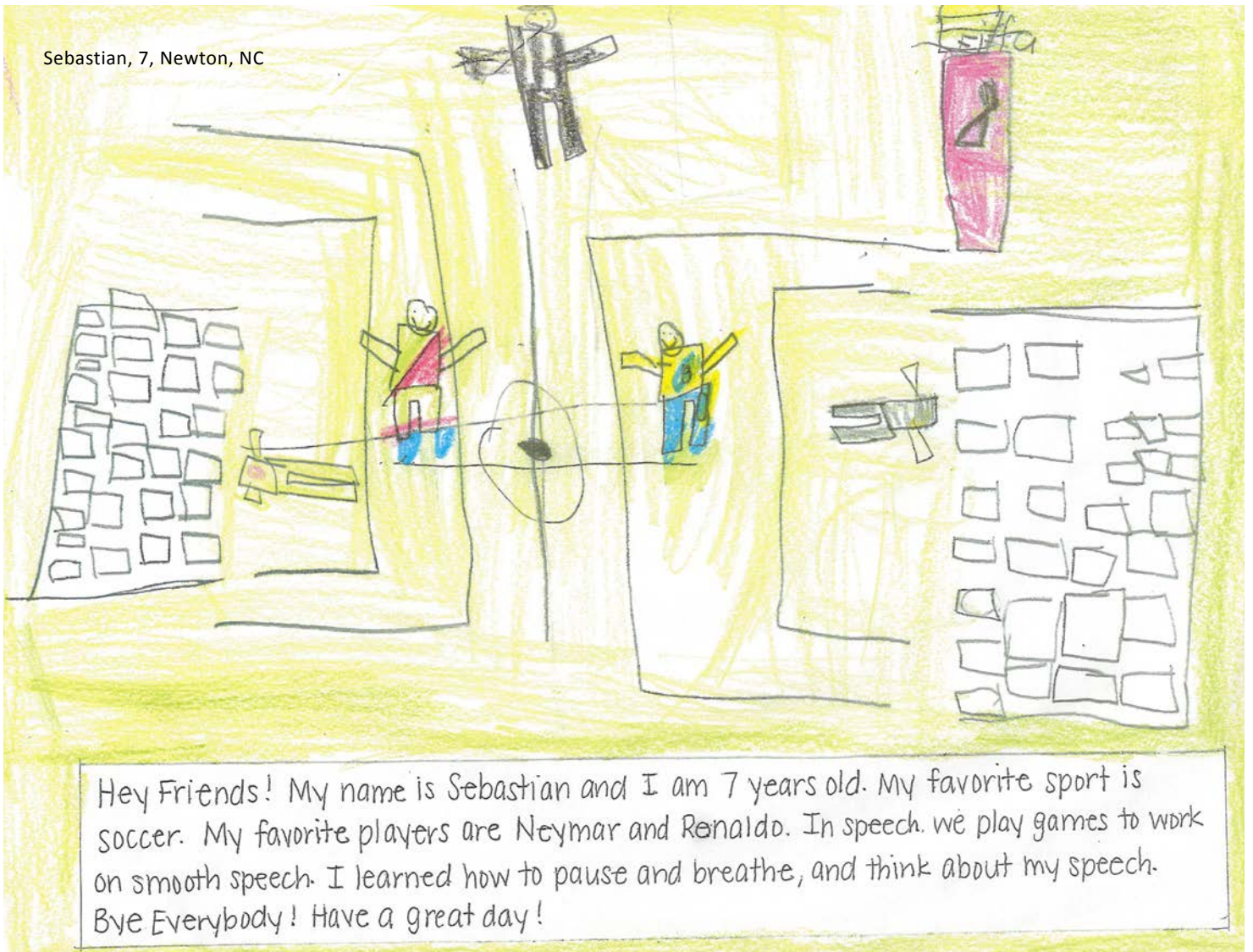


Hello, my name is Joey, and my favorite sport is gaga ball, and my favorite pet is my pet dog Tojo and my cat Aphmeow. My favorite color is purple and here's a strategy for you. You can do cursive speech. Cursive speech is when your words are connected. By the way, it's okay if you stutter. It's not a bad thing. It's a part of you. And if someone is being mean to you about your stuttering, tell a teacher or adult if you haven't already.

Joey, 7, Everett, WA



Sebastian, 7, Newton, NC



Hey Friends! My name is Sebastian and I am 7 years old. My favorite sport is soccer. My favorite players are Neymar and Ronaldo. In speech, we play games to work on smooth speech. I learned how to pause and breathe, and think about my speech. Bye Everybody! Have a great day!

Hi, my name is Arianna. I am in 3rd grade. I am 8 years old. I go to Logan Township Elementary School. I live in New Jersey. I have one brother, one sister, and mom and dad. My favorite football team is the Eagles. My favorite basketball team is the 76'ers. The Phillies are my favorite baseball team. My favorite hockey team is the Flyers. I notice my stuttering when I am running and jumping. Sometimes when I stutter it feels like something is stuck in my throat. Sometimes I use filler words like uh. I started stuttering when I was 3 years old. I am not the only one that stutters, a lot of people stutter like my mom and my brother. The president stutters. That is important and so other people realize they are not the only one that stutters.



Arianna, 8, Swedesboro, NJ



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**

Hi, my name is Joey. I am 7 years old. I was born on February 29th, which means I have a leap year birthday! I live in Brookfield, Wisconsin and I go to Dixon Elementary School. My favorite game is Minecraft, and my favorite sport is soccer. I am a person who stutters. When I stutter, my favorite strategy is cancellations. When I cancel, I can start again and use stretchy speech. My favorite thing to do when I practice easy speech is practicing-beat-speech.

I taught my first-grade class about the speech machine and stuttering. I felt scared and happy at the same time. My class was pretty into it.

Joseph, 7, Brookfield, WI



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Stuttering is a condition covered by the Americans with Disabilities Act

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- 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.**

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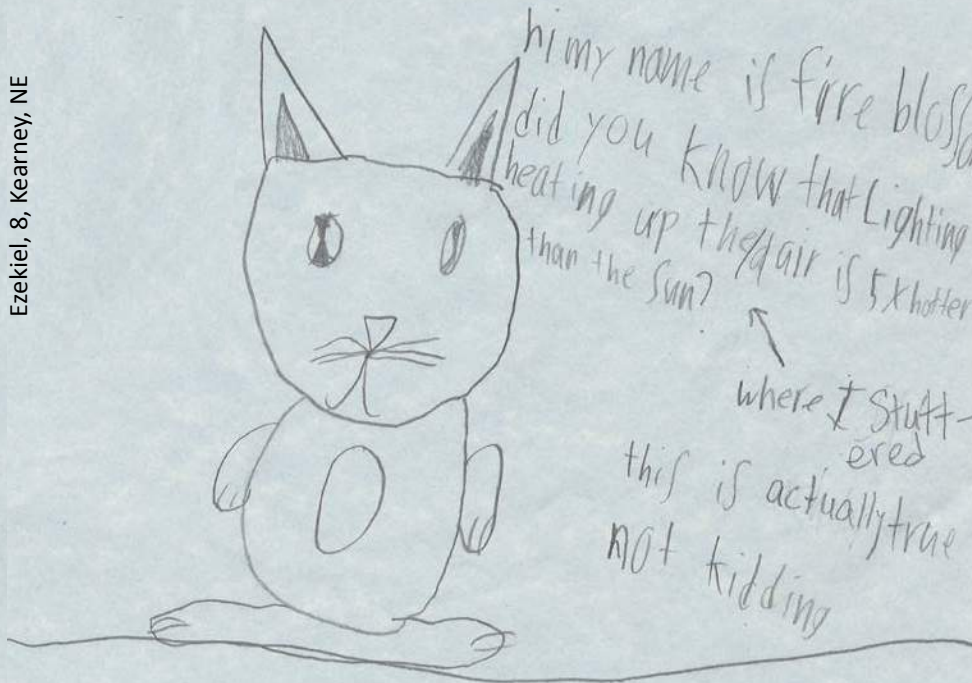
Hi my name is John.
I live in Hendersonville,
Tennessee, my favorite
game is fortnite.

my favorite speech tools are
slow rate and stretch
speech and fill breath.
I like Pokemon too.

John, 8, Hendersonville, TN



Ezekiel, 8, Kearney, NE



Hi, I'm Ezekiel and stuttering may be a challenge, but I work with easing words. I like to be kind. And my favorite animal is a cat.

*(Hi my name is Fire Blossom. Did you know that lightning heating up the * air is 5x hotter than the sun?*

**where I stuttered. This is actually true, not kidding!*

I am Graysen, I am 11 and in 6th grade. I live in Cheektowaga, NY, not far from Buffalo. GOO BILLS! I enjoy playing video games and hanging out with my friends. I take BJJ classes in Williamsville near the Boulevard.

I stutter not quite much but often. The types of stuttering that I exhibit are Repetitions, Blocks, and Prolongations. What my life is like stuttering is when I stutter my friends and people I know ask what is happening and why am I doing this.

The people I know really well understand that it's part of how I talk sometimes. What helps is if you are in a situation where you see someone stutter, try and wait patiently for them to finish and do not say what they are going to say before they even finish.

An advantage of stuttering is that I see myself having a unique trait.

A disadvantage is that I can't always say what I want to say at the time I want to say it. I continue to work on my stuttering with my speech teacher, Mr. Chris, he helps me understand the parts of speech and how talking works to later improve my stuttering.

Graysen, 11, Buffalo, NY





Hello, my name is Jameson. I am 8 years old. I am in 2nd grade, and I go to Hearst Elementary in San Diego, CA. I'm good at football and soccer. I like Nintendo and playing football video games. I've been to the loudest stadium called Autzen in Oregon. I go to speech to work on my stuttering and my sounds. My stuttering is getting better and better and better.

Jameson, 8, San Diego, CA

My name is Max. I'm 8 years old and I live in Chicago, Illinois. I like math and I love learning about cultures around the world, like the Illinois tribes of Native Americans. I stutter almost everywhere, and it sometimes gets out of control. So, I go to speech therapy in school. I use slow voice and it helps me in speech and it helps my vocal cords to calm down. I hope this strategy will help you with your speech.

Max, 8, Chicago, IL





Hi, my name is Emilia, and I am 8 years old. I like to play Roblox with my friends. I live in Chicago, Illinois. I love my cat. His name is Pookie. I have a stutter. When I stutter it gets bumpy. For example, I get stuck on a sound or word like "I." I use easy starts to help me say the words. At school I go to the speech room to work on my stuttering. I also work on the sound "R." My cat Pookie is a chunky boy.



Emilia, 8, Chicago, IL

STUTTERING IS SWEET!!

A SILLY CANDY POEM BY RACHEL LOVE, SLP

It is your  special day because I am going to  and tell you all

about stuttering! I go to speech therapy to learn strategies to be as smooth as the 

and it is  of fun! Sometimes, you might think I  when I speak,

but it could be because my words are in . If I get stuck, I could say silly things


like . When my words get stuck, all I want to do is  the words out!

Stuttering can also make you repeat sounds like  until you feel !



Or it can make you feel like a . In speech, I learned a couple of 

that I can use to help me  to get out of a .

People who have a stutter can be the  in the sea. Did you know that out of all the people

who  the world, there are more than 80 million people who

have a stutter! Even famous actors, athletes, and musicians have a stutter. That fact should  you away!

This information is a  because now you won't be an  when you meet

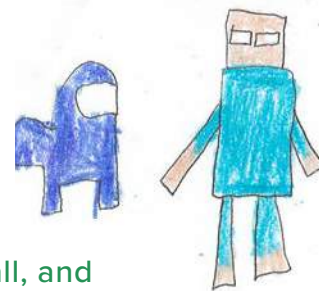
someone **SWEET** who has a stutter!



Hi, my name is Owen, and I am 10 years old. I like to play Fortnite and Roblox. I am from Tennessee. The type of stutter I have is repetitions. Talking slowly helps me not stutter.

Owen, 10, Smyrna, TX

Minecraft



Hi my name is Kolton. I am 10 years old. I like to play Minecraft, basketball, and Among Us. When I stutter, it is on the end of 'a' words. I repeat the ending sounds on words. It sounds like an echo. My Speech Therapist has taught me ways to monitor my stuttering. I have also learned how to relax my speech muscles so my words come out easier.



Kolton, 10
West Bend, Wisconsin



Hi, I'm Bryce. I live in Smyrna, TN and I have a stutter. I have had a stutter since kindergarten. I don't know how I got it; I just woke up with it. My stutter does not limit me in school or sports. I play baseball and I talk in class. I participate in the Robotics Club at my school. We just qualified to go to UNA (University of North Alabama) for a competition in Alabama. I hope this inspires others with stutters to write a letter too!

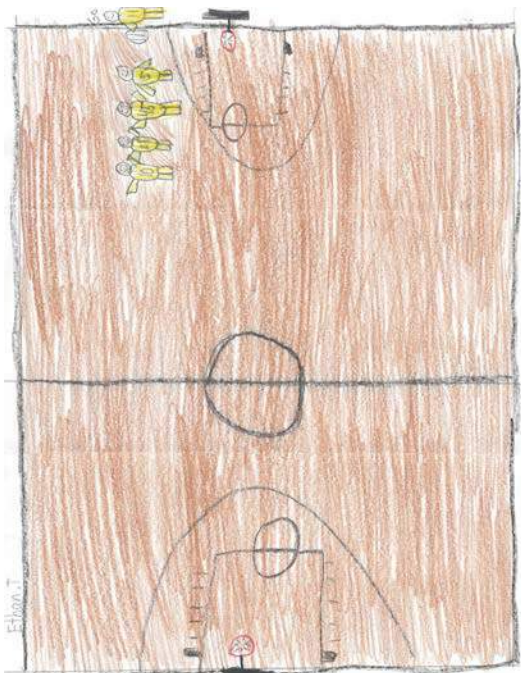
Bryce, 13, Smyrna, TN

Hi, my name is Elaina. I am 8 years old, and in the third grade. I like to play volleyball. I am the proud owner of 11 animals. I especially love my bearded dragon, named Pancake. I dress him up in all kinds of outfits. My favorite thing to do to my brother is to annoy him! LOL! At school, my favorite subject is PE. I am also a very good artist. I have been in speech for four years.

Sometimes when I'm excited to say something, I notice I stutter more. When my speech starts to get bumpy, I like to use stretchy speech and cancellations.

Elaina, 8, Kansas City, MO





My name is Ethan, and I am 10 years old. I am good at basketball and baseball. I'm good at reading, dodgeball, catching, throwing, and swimming. I started to stutter when I was three years old. I know when I'm stuttering because I can hear myself vibrate in my throat when I'm saying my words. When I stutter, I clap my hands and see if I can say it out how I'm supposed to say it. A lot of people know when I'm stuttering, my mom, my dad, and Mrs. Moesner. When my friends see that I am stuttering they don't understand what I'm saying, but they don't tell me that. My mom and my dad tell me when I'm stuttering. Stuttering happens when I'm playing sports or I'm answering

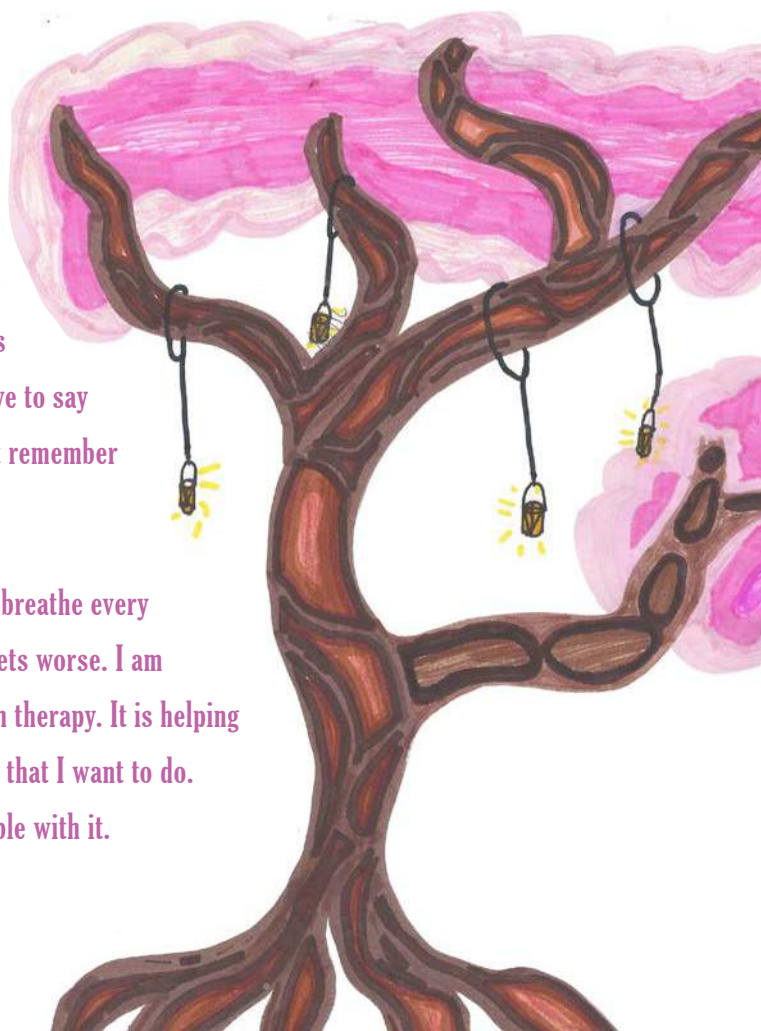
a question for the class. When I play sports it happens, like when I play basketball I try to say "go" as fast as I can but then I stutter. In class I sometimes talk quickly so it won't take so long to tell my teacher the answer and then I stutter. I would like to not stutter so people can understand me.

Ethan, 10, Lynnville, IN

Hi, my name is Xavier and I live in Pembroke, MA and I am 12 years old. I have two cats that keep me happy, one older brother and two younger sisters. I have stuttering and a lot of other people notice because I've been stopping in the middle of my sentences and it's kind of hard to talk, but it is normal sometimes for kids. Sometimes I get blamed for things because people hear me wrong. I sometimes have to say my sentences multiple times but sometimes I don't stutter at all. I can't remember when I started stuttering, I feel like I have been doing it my whole life.

It feels like a pit inside my stomach is constantly roaring and I need to breathe every single time. If I get in trouble for saying something my stuttering just gets worse. I am working on trying to be comfortable with my stuttering by doing speech therapy. It is helping a lot and I like that I can spend some of my time working on something that I want to do. I hope I can organize my stuttering in the future and be more comfortable with it.

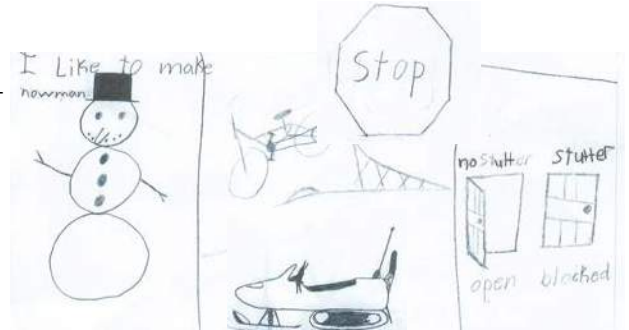
Xavier, 12, Pembroke, MA



I live in Graniteville, Vermont. I like to ride my bike and snowmobile. In my family I have three siblings and I am a twin. I am 12 years old. I stutter when I am at school and at home. Stuttering feels like something is blocking my words. Strategies that help me when I stutter are easy onsets and sliding. One thing I wish people knew about stuttering is it is hard to speak how I want to.

Silas.

Silas, 12, Graniteville, VT



What up? My name is George. I am 9 years old. I go to speech class. My favorite video game is Lego Saga. My favorite sports are soccer, football, and basketball. My favorite food is pickles. The strategy I like in speech is the hill a.k.a. lots of air. Joe Biden stutters like other humans.

George, 9, Everett, WA

Hi my name is Brady. I'm 9 years old and I'm in third grade. I love ducks and my favorite sport is soccer and my favorite colors are yellow and Orange. My advice to young kids is don't be scared. Don't think if people will laugh and if people do just tune them out of your life and if they don't stop bullying you tell an adult.



Brady, 9
Sacramento, CA

Hi, my name is Brendan, I'm in 6th grade and I'm in Middle School. I live in New York with my mom, dad and sister and I'm 12. Some of my favorite things include basketball, baseball, and Halloween. Some of my favorite athletes include Jalen Brunson from the Knicks, Steph Curry from the Warriors, and LeBron James from the Lakers.

I have had a long experience with stuttering. It's been going on for about five years. Overall, I have gotten a lot better at controlling my stutter, because I have gone to speech for a while. I have felt a lot less frustrated about my stutter, but I still get annoyed with it at times. I usually feel the most upset about stuttering when it happens in front of a lot of people.

My advice for stuttering for younger kids is to not give up and keep striving for improvement, because it eventually will get better. My goal for the future is to take honors classes and to improve at baseball and basketball and to continue playing in the future.

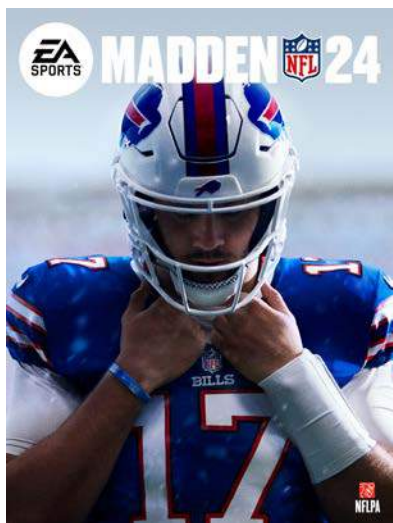
Brendan, 12, Goshen, NY





Hello, my name is Kate. I am 7 years old, and I am going into 2nd grade. My mom is my teacher. I have been going to speech therapy for 2 years now and when I stutter, I just take a deep breath and start over. I make my words long sometimes, so they flow. I like to go to speech therapy because I can learn how to stop stuttering.

Kate, 7, Newport, WA



Hi! My name is Bentley. I am nine years old, and I am in fourth grade. I live in Whitewater, Wisconsin. I like sports, especially soccer and football. I love to talk about history, especially the history of wars.

I also like to play video games, for example, Madden 24 and eFootball. When I was in 4K, I started to stutter, and I still stutter now. I have been in speech therapy, and I work on reducing my tension and slowing down when talking. I have learned that it is okay to stutter. I create goals for myself, for example, participating more in class. This year I feel more confident in myself. Some advice I would give to others is that it is okay to stutter.

Bentley, 9, Whitewater, WI

Hi! My name is Terrin. I am 13 years old. I work at a haunted house. I have a pet rat named Wilber; I love her so much. I like to watch TommyInnit and Technoblade. I also cosplay and I like to watch Gravity Falls and The Owl House. Sometimes I stutter. My stutter doesn't stop me from talking, although I wish I didn't stutter. I have a friend that stutters as well. I go to speech therapy twice a month to work on stutter techniques. My stutter does not stop me from doing the things I love.

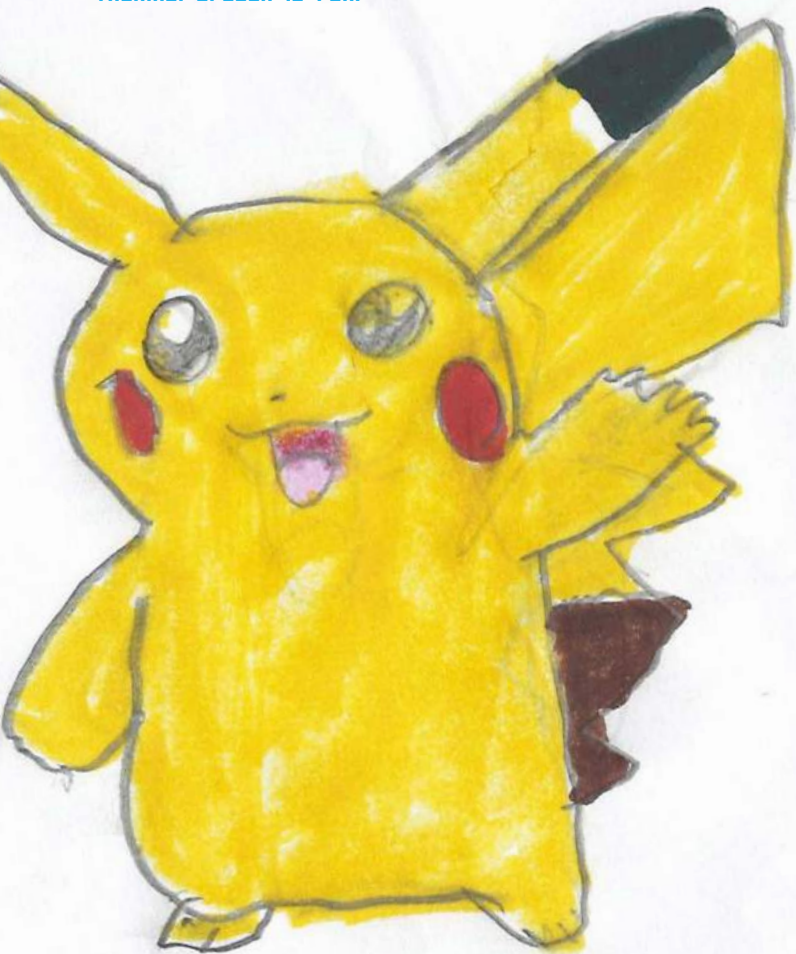
Terrin, 13, Ashland, VA



HELLO FRIENDS! MY NAME IS THIAGO AND I AM 7 YEARS OLD.
I LIKE BEING WITH MY LITTLE SISTER, LUNA. WE LOVE THE SONG "BETTER PLACE" FROM TROLLS. IT MAKES MY SISTER SO HAPPY THAT SHE STARTS TO DANCE. I GO TO SPEECH BECAUSE I DON'T WANT ANY BUMPS IN MY SPEECH. IF I HAVE BUMPY SPEECH, I WILL THINK AND BREATHE OUT THEN I CAN CONTINUE TALKING. SPEECH IS FUN!



THIAGO, 7
NEWTON, NC



My name is Matthew, and I am 10 years old. I am in 5th grade. My favorite sport is soccer. I play on CSA Hudson Valley and CSA Bergen. My family is mom, dad, Maksym, Oliana, and me.

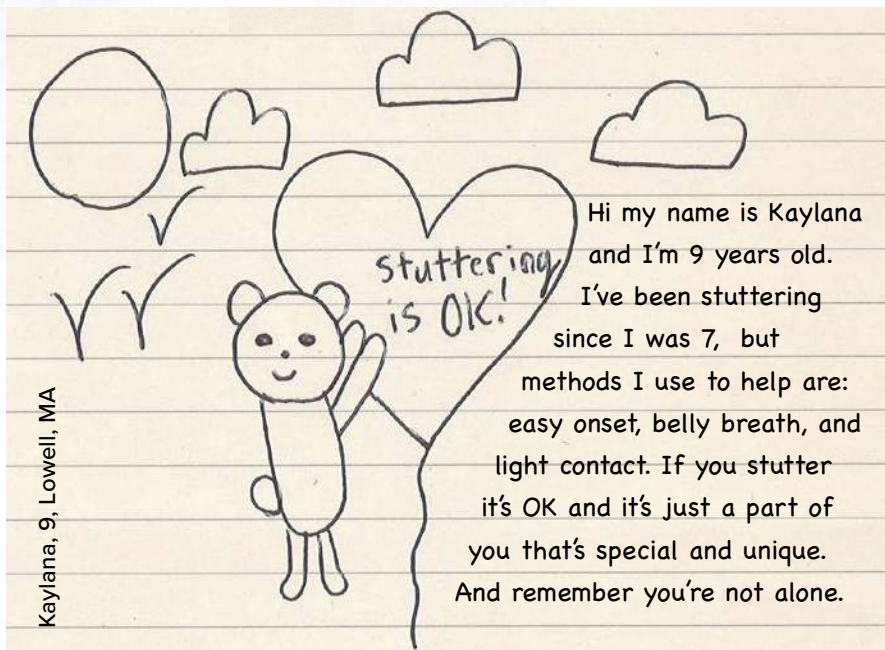
I stutter. I feel like stuttering does not really affect me. My stuttering strategies are to stop and say it again and push it out. People sometimes mock me like they are faking stuttering. I don't like that.

The thing I am looking forward to is to accomplish my goal of trying to make NYCFC MLS Next soccer team. Next means to be on the younger team of the league. Or I want to make it on RED BULLS MLS Next. That is my goal I'm looking forward to.

Matthew, 10, Goshen, NY

Hi, my name is Shane. I'm 11 years old and I like to play basketball and Roblox. Sometimes I stutter while I talk. I use my strategies like easy onset. Easy onset is when you say something slowly. I also use pausing. Pausing is when you stop in the middle of the sentence. I feel okay about stuttering. I will never give up.

Shane, 11 Rahway, NJ



Kaylana, 9, Lowell, MA

Hi my name is Kaylana and I'm 9 years old. I've been stuttering since I was 7, but methods I use to help are: easy onset, belly breath, and light contact. If you stutter it's OK and it's just a part of you that's special and unique. And remember you're not alone.

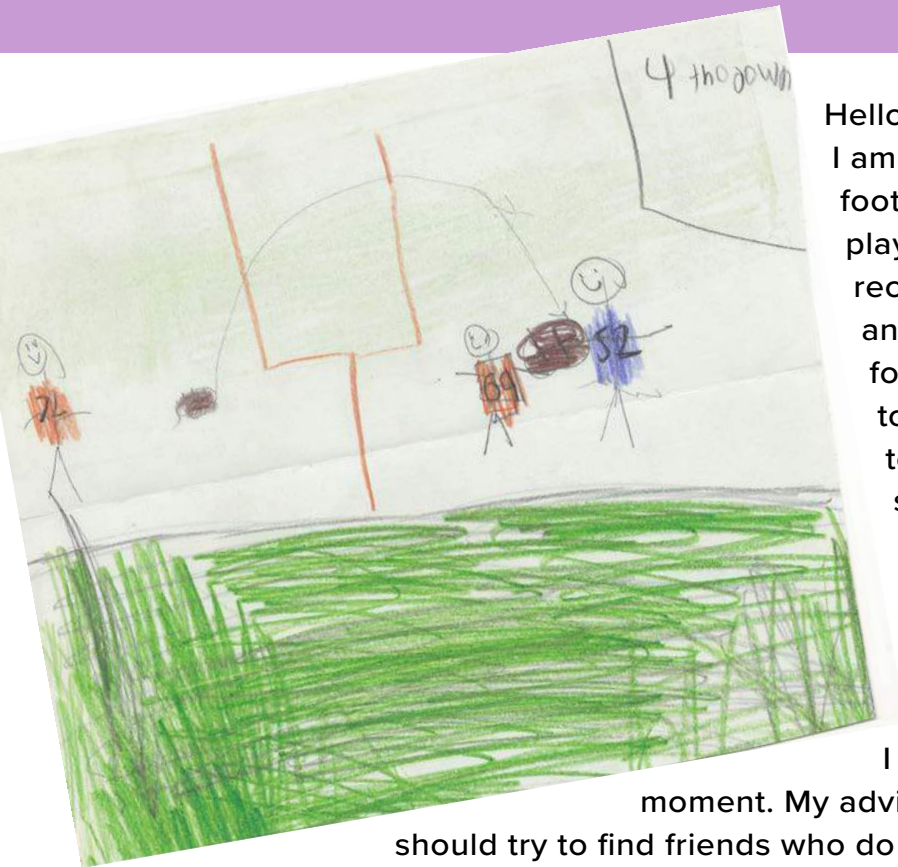


Hi, my name is Emilee. I am 10 years old. I live in Smyrna, Tennessee. I'm in the 4th grade and I love to cheer. I have a stutter. It is repetitions and sometimes I have blocks. I use a thing that helps me not stutter. It is taking a breath.

Emilee, 10, Smyrna, TN

Hello!!! My name is Leona (lee oh nu). My favorite color is purple. I stutter, but I have a few things I do to help me speak smoothly. First, I use light touches. You have to make your lips, palette, teeth, and tongue touch gently when you talk. You also use chunking your words. If you are sad about stuttering and think you will stutter for the rest of your life and don't like it, you can use some strategies to help you stutter less. And it's okay because a bunch of people stutter. It's always okay to stutter.

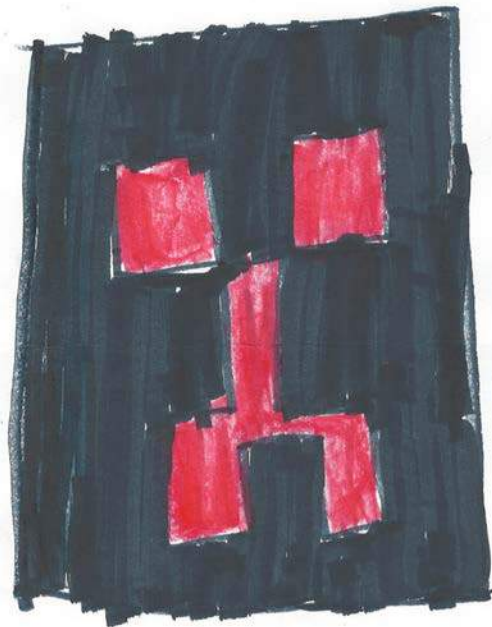
Leona, 8, Everett, WA



Hello, my name is Myles, and I am 10 years old. I like playing football and soccer. I also like playing Madden. I am a good wide receiver and quarterback. My favorite animal is a black wolf, and my favorite food is French fries. I stutter a lot. I started to go to speech when I was 8. My speech teacher taught me strategies but also showed me videos of Adrian Peterson who is a famous running back who stutters. When I stutter, it kind of gets hard to breathe. It is frustrating to me when I stutter because I feel like I don't fit in sometimes. I use easy onset and I tap it out when I am having a stuttering moment. My advice for other kids who stutter is that you

should try to find friends who do not make fun of you for your stutter. I want people to know that it is not your fault if you stutter. A lot of people stutter, even famous people, and it's ok.

Myles, 10, Fenton, MI



Hi, my name is Everett, and I am in 3rd grade. I'm nine years old. I like playing Minecraft and reading *Wings of Fire* and *Diary of a Wimpy Kid*. And I like to draw. Sometimes I feel stressed about stuttering. For example, when you have a speech or presentation. I used to be more stressed about it than I am now. But now I'm better because of these strategies - light contacts and fake stuttering. Don't let stuttering stop you from saying what you want to say.

Everett, 9, Westminster, CO

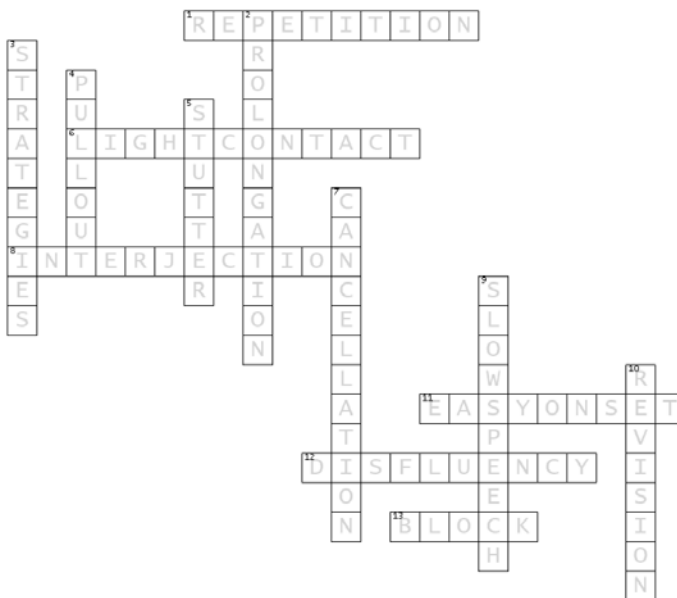
ATLANTA FALCONS

Hi, my name is Evan I am 11 years old. I have 2 sisters and I am a big football kid. I live in Omaha, Nebraska. I love the Atlanta Falcons. I love to play Madden 24. I love to play Fortnite. I stutter most when I'm excited to tell someone something. When my speech comes up I just slow down and think about it too. I get motivated by some famous people who stutter like Shaq and Joe Biden. I get motivated because they barely stutter when I listen to them, and I want to get better at it.

Evan, 12, Papillion, NE

My name is Harley, and I am 7 years old. I am in the 2nd grade. I live in Tennessee, and I like to ride my 4-wheeler and play Roblox. The type of stutter I have is prolongations and talking slower helps me not stutter as much. Harley, 7, Smyrna, TX..

✓ SOLUTION TO WORD PUZZLE ON P. 6





Hi I am Niki and I am 9 years old. I live in Silver Spring, Md. I was born in Serbia. I love sports, my favorite is basketball. I also like soccer and football. My favorite basketball player is Nikola Jokic. He is also from Serbia. My favorite soccer player is Mbappe because he is the goat. I stutter. My favorite strategy is the easy onset. If you stutter, never give up.

Niki, 9, Silver Spring, MD

Hi, my name is Alexa and I am 8 years old.
I am in third grade and I live in California.
I want to grow up to be an engineer that builds robots or a zookeeper. I like to play outside with my puppy. I have been in speech for about a year. my favorite strategy is pausing because it's easy and helps me a lot.
Another strategy I use is cancellation. It helps me stop and release the tension.
I want everyone to know it's okay to stutter!

Alexa, 8 years, Vista, California



Hi, my name is Phoenix.
I live in Severn, Maryland. I have a stuttering problem. I am 12 years old currently. I like anime and manga. The anime that relates to my problems is Komi Can't Communicate because she has severe social anxiety, and she uses notepads to write her feelings and thoughts down. Also, she writes down stuff on her notepads to communicate with others. My favorite speech tool is the Bus Stop speech. Basically, it's when you are about to stutter, you move forward. Hopefully this message inspires some other person who stutters to read manga.

Phoenix, 12
Severn, MD



Hello my name is Nicholas. I am in 5th grade. I love playing baseball and my favorite player is DiDi Gregorius. My favorite color is blue. I was just in Italy.



I started stuttering when I was in kindergarten. Everyone said to me, where are you going and I said, speech. They said, what is speech? I said, it's because I stutter and they would say, what is stuttering, and I said, it's when you mess up a word or you can't get a word out of your mouth.

I am looking forward to playing basketball. This is my second year in basketball and I do CYO basketball. I am also looking forward to getting better at speech, and trying to do it only once a month now.

Nicholas, 10, Goshen, NY



Hi, my name is Aidan, and I am 7 years old. I like sports like hockey, football, and baseball. My favorite teams are Boston Bruins, Boston Red Sox and New England Patriots. I play hockey for my town team and a travel team called Boston Terriers. I play defense for both teams. I also want to play hockey with my friends when I get older.

My favorite video game is Roblox that I play on my iPad. I play Doors and Rainbow Friends in Roblox. When I grow up, I want to put my videos on YouTube or TikTok.

My teammates and classmates do not care that I have bumpy speech - no one makes fun of my bumpy speech. My favorite helper/strategy is Stretchy Speech. I made a PowerPoint presentation all about stuttering and shared it with my teachers.

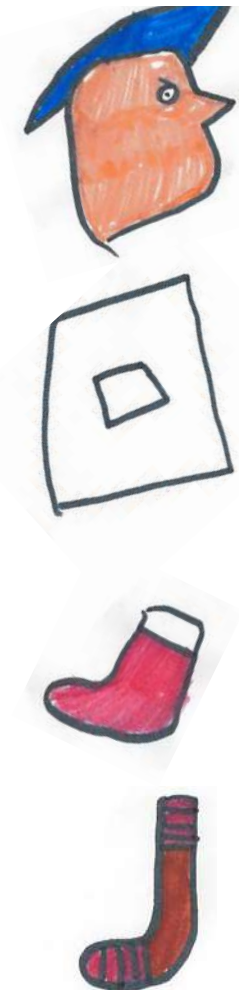
Aidan, 7, Weymouth, MA



I started stuttering at an early age. It was not pleasant. I repeated some of my words over and over, and I had problems getting my words out. I have to slow down and calm myself by box breathing. I also make sure that I take in enough breath before I talk. It helps me to control my stuttering better. It's all thanks to my speech therapy that helped me get to this point today.

I am an artist, and I like to draw. If my stutter was a monster, this is what it would look like. He's a Glitch that controls your stutter and keeps you from speaking.

Jeremy, 15, Charleston, MS

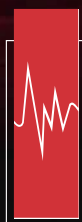


Sometimes,
stuttering hurts.
We can help.

And so can you.



Make a difference.
Donate today.



THE
STUTTERING
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SFA CRAFT CORNER

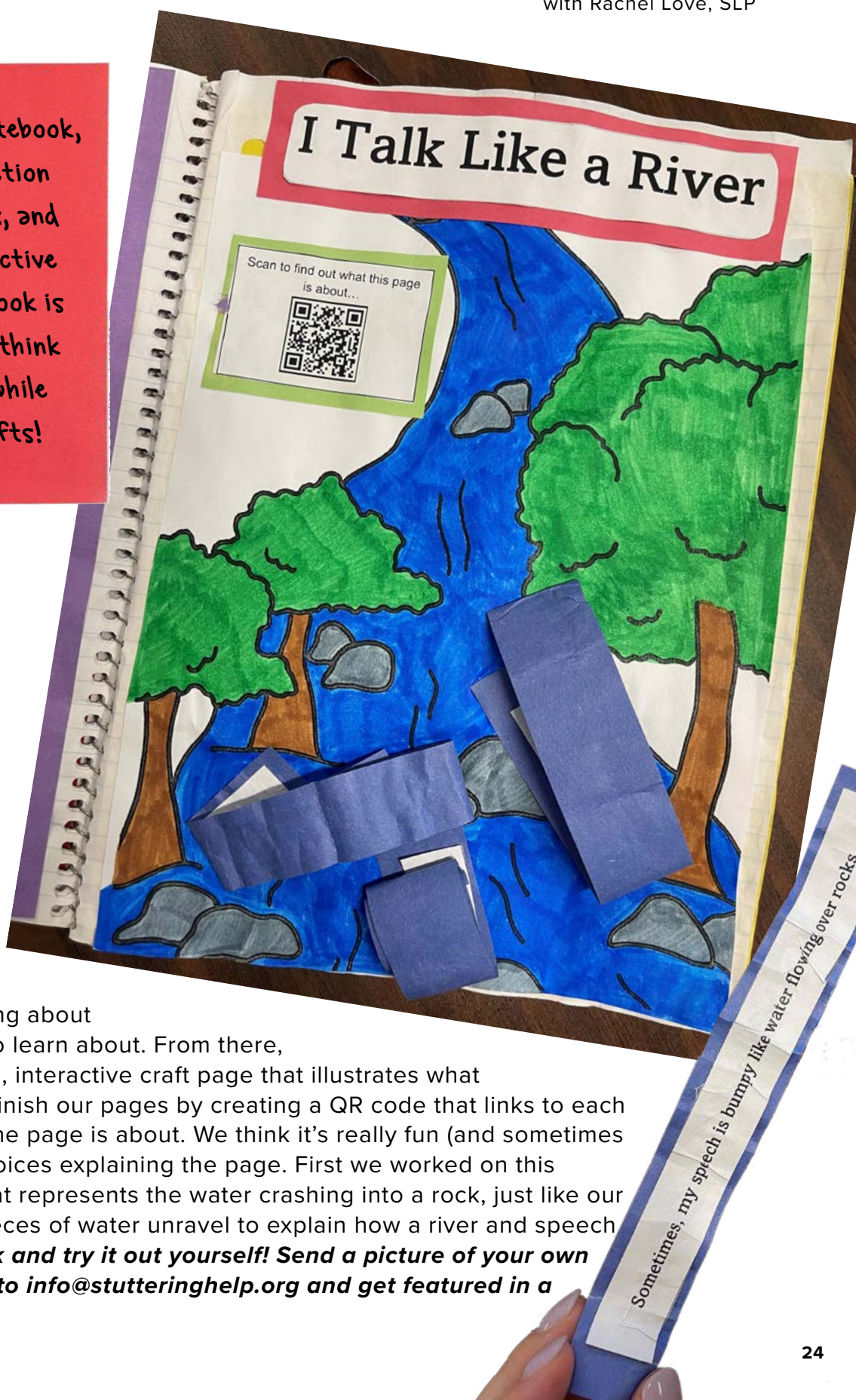
INTERACTIVE FLUENCY NOTEBOOKS

with Rachel Love, SLP

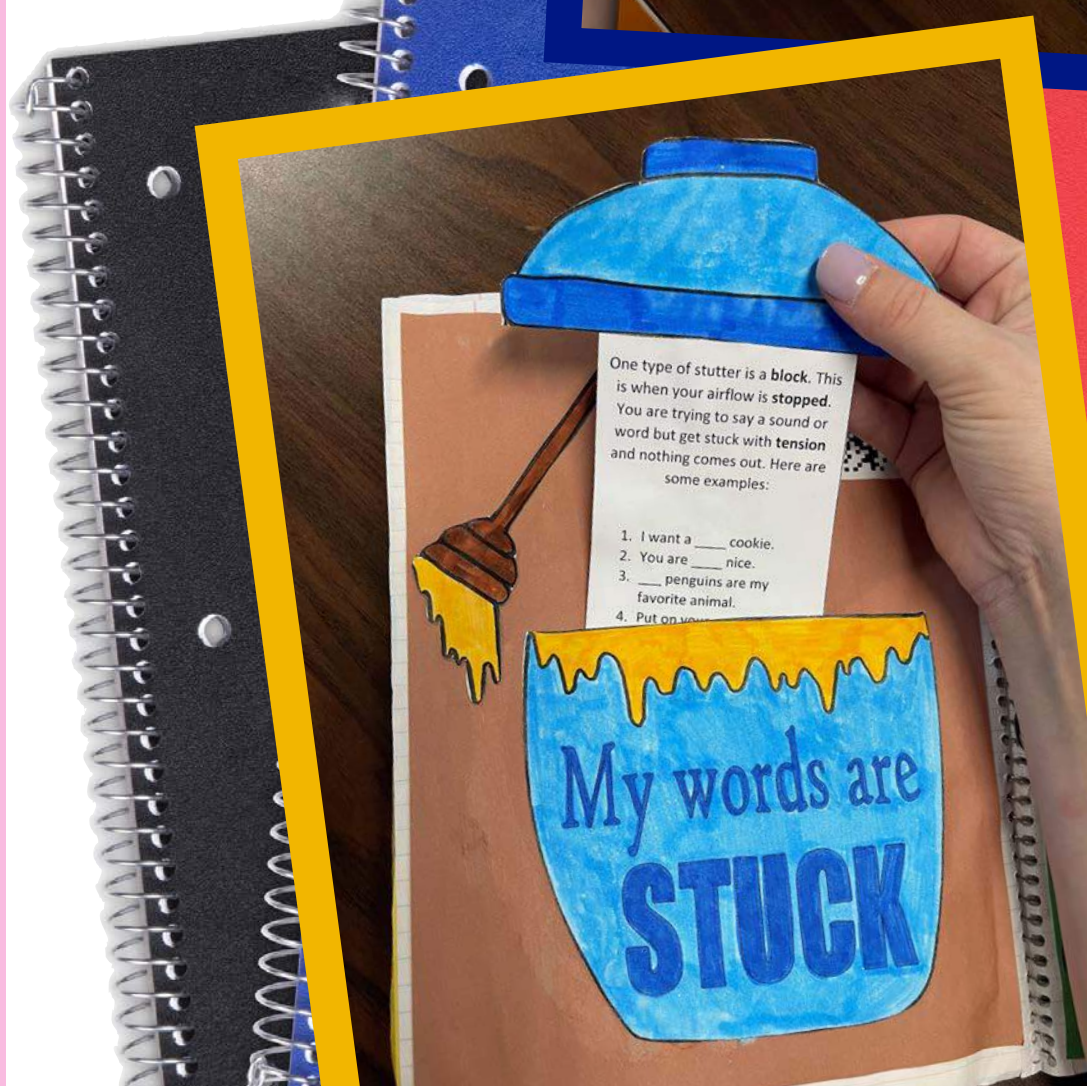
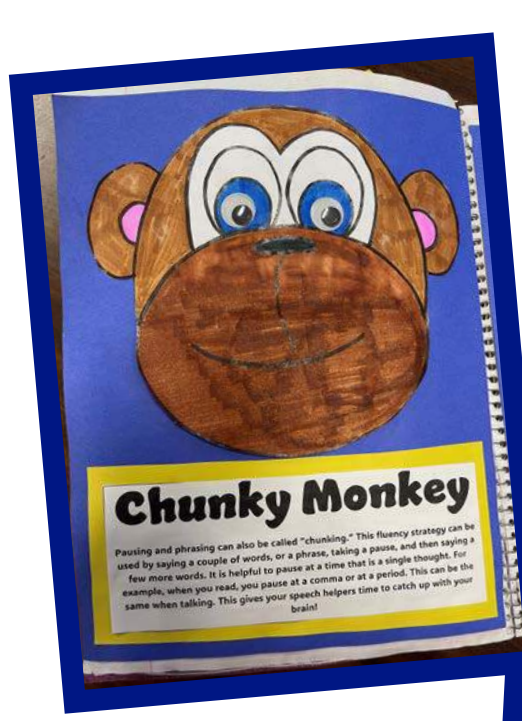
Grab a spiral notebook, some construction paper, markers, and glue; an Interactive Fluency Notebook is a great way to think about speech while making fun crafts!



Each time I see my students, we pick something about our speech that we want to learn about. From there, we come up with a colorful, interactive craft page that illustrates what we're learning. Lastly, we finish our pages by creating a QR code that links to each student describing what the page is about. We think it's really fun (and sometimes silly) to listen to our own voices explaining the page. First we worked on this coloring page of a river that represents the water crashing into a rock, just like our speech can sound! The pieces of water unravel to explain how a river and speech are alike. **Grab a notebook and try it out yourself! Send a picture of your own Fluency Notebook Pages to info@stutteringhelp.org and get featured in a future Kids Letters issue!**



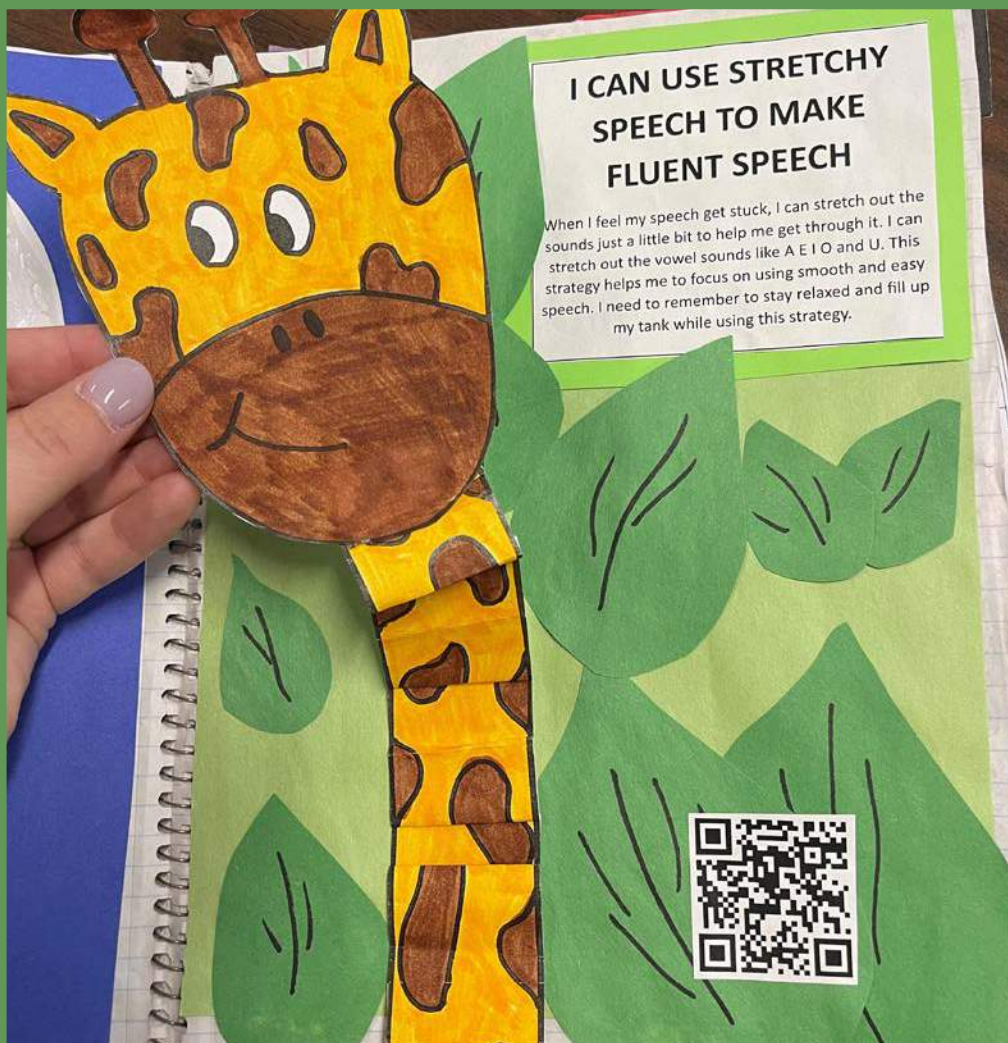
FEED CHUNKY the CHUNKING MONKEY



STRETCH the honey pot when you get STUCK

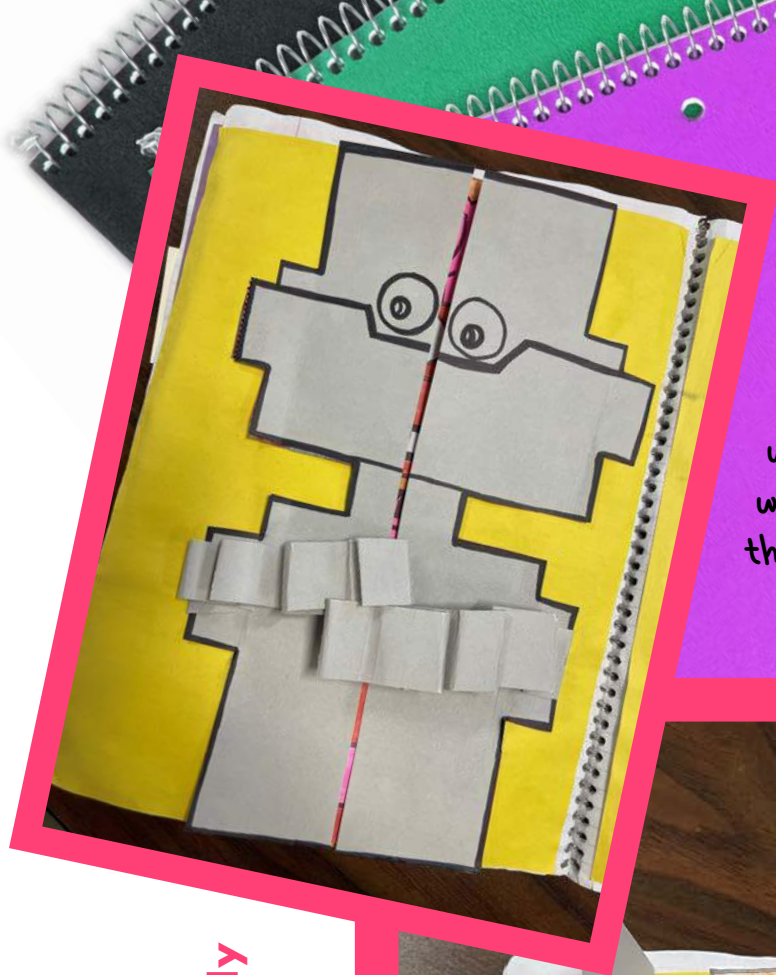
STRETCH

the giraffe's neck as you practice
stretching your words

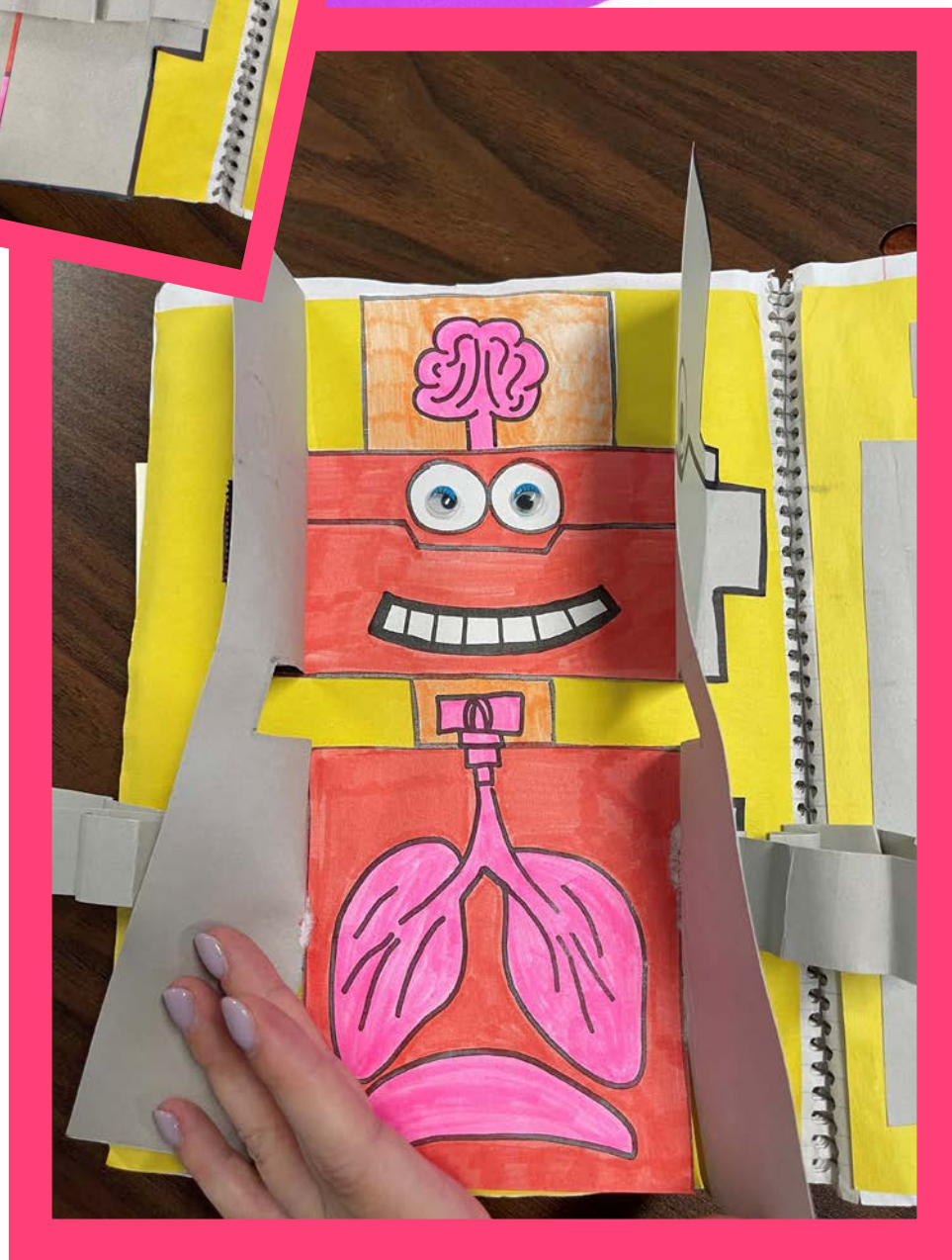




OPEN and EXPLORE
your speech robot to see the parts of the body
that help us with our speech



All of these celebrity photos came from the Stuttering Foundation website! It was fun to pick out which famous people to use in the notebook!



NOW SHOWING:



Joseph Robinette Biden Jr. is an American politician who is the 46th and current president of the United States.



Emily Olivia Leah Blunt is a British actress. She has received many accolades, including a Golden Globe Award and a Screen Actors Guild Award, in addition to nominations for three British Academy Film Awards.



FAMOUS PEOPLE WHO STUTTER

Actor James Earl Jones, a Broadway and television star, is well-known for his voice as "Darth Vader" in Star Wars and the voice of Mufasa in the Lion King.

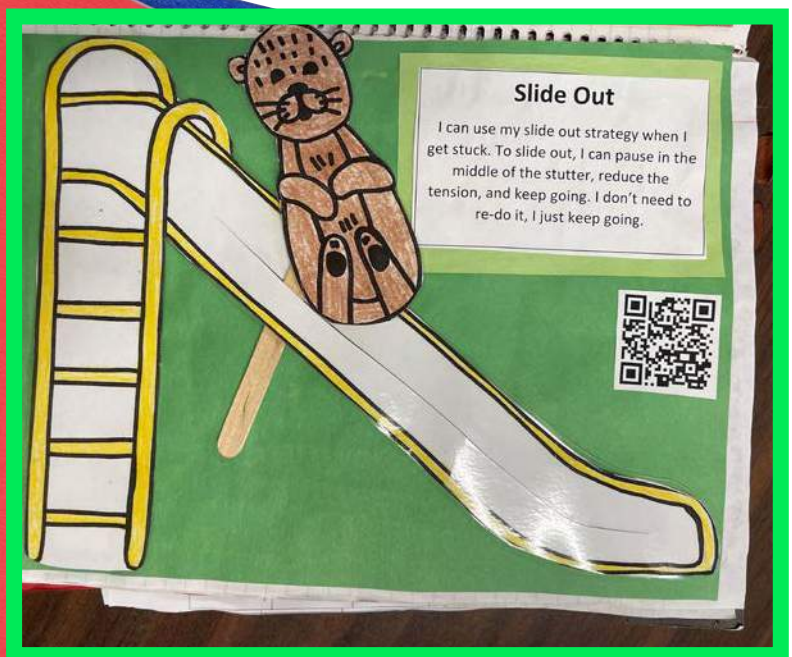


Award-winning singer and songwriter Ed Sheeran is known as an international sensation, filling stadiums wherever he goes.



Darren Lee Sproles is an American football executive and former running back and return specialist who is a personnel consultant for the Philadelphia Eagles of the National Football League.

SLIDE OUT
whenever you feel stuck



WE LOVE TO HEAR FROM

"I thank you so much for this opportunity for my students to participate in this. I have loved the information you send out for the last 15+ years."

"Because the letters section in the magazine makes a difference for the students I serve."

"One of my students who stutters is incredibly excited to be writing into the magazine we've enjoyed reading in speech therapy over the past year."

"I already purchased a whole case of the Stuttering Foundation special 'Kids' Edition' magazines to send home with our campers this summer, and we will be using them in our camper speech groups."

"I am a speech pathologist working in the schools. A couple years ago I received a magazine in my school mailbox from you that had a picture of Ed Sheeran on the cover and inside were letters written by children who stutter. I used that magazine frequently within therapy with my own students who stutter."

"My student has been working hard, and we would love to see this on your website!"

"Great, great stuff from SFA!"

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

"Is there a way I can sign up to get the magazine directly to me? I'd love to ensure that I got it consistently. I can see it being a big help in therapy!"

GROWN-UPS TOO!

Big shout out for all the wonderful work you do for our therapists and patients! Enclosed is a letter a very brave child wrote at my office with enthusiasm and heart."

"It would mean the world to him if this was published"

"First off, thank you for the opportunity for my students to be able to speak about their stuttering, as well as see that there are so many kids just like them all over the world who also stutter!"

"my student and his family are so excited!"

"Thank you very much for your supportive resources and magazines highlighting letters/work from students across America. we are hoping that the letter is published to your newsletter/magazine!"

"my student is very excited!"

SUBMIT YOUR
OWN ARTWORK
AND LETTER!





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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