

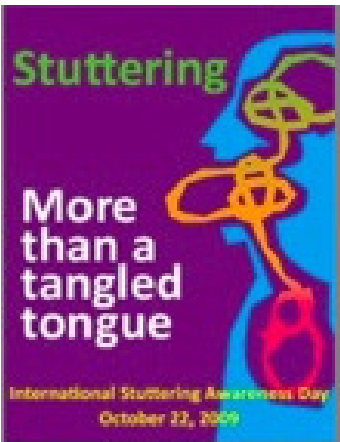


REACHING OUT

Publication of Friends: The National Association of Young People Who Stutter

October 2009

International Stuttering Awareness Day



Every October, the world focuses on stuttering, or stammering as it is called in other countries. Kids, teens, adults, parent and professionals learn from people from all different countries about what its like to stutter, how we feel and some of the good things and challenges that come with stuttering.

For three weeks, beginning October 1, there is a conference where different experts share their experiences "live" on-line. After reading one of the papers, you can leave comments or ask the author questions and get feedback from the author. ISAD the day is celebrated on October 22, 2009.

This on-line conference was originally started by Michael Sugarman, a leader in the stuttering field. It has now been coordinated for 12 years by Judy Kuster, See below for valuable information. Be sure to visit the sites, read the papers, and ask questions.

Stuttering: More Than a Tangled Tongue is the theme of the twelfth annual International Stuttering Awareness Day online conference, hosted by Judith Kuster, Minnesota State University, Mankato, will open October 1. It can be found by going to The Stuttering Home Page www.stutteringhomepage.com The online conference features several papers written by well-known professionals and consumers (people who stutter/clutter) from around the world. Participants can read papers and interact with the presenters on easy-to-use threaded discussions attached to each paper, during the three weeks the conference is "live" -- from October 1-22. The ISAD online conference is freely available or can be taken for Continuing Education (1.5/15 hours) or one university credit (either graduate or undergraduate). Instructions and requirements for CEU or credit are online at

<http://www.mnsu.edu/comdis/kuster/isadarchive/requirements.html>

Papers remain available online after the conference has ended and all past conferences are archived and available at

<http://www.mnsu.edu/comdis/kuster/isadarchive/onlineconference.html>

Fast Facts: Visit the Friends home page and see some of your friends on video talking about stuttering and how it has impacted on their lives. These kids were amazingly brave and honest to tell their story and allow it to be recorded. By doing this, Friends kids will be helping other kids and parents to learn more about stuttering, and make it less of a mystery. GO FRIENDS!

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If You Stutter, You Have Friends!



What Teens Ask Young Adults Who Stutter

- Have people ever made fun of you?
- Has stuttering stopped you from doing something you enjoyed?
- What is the population of Americans that stutter?
- Do you stutter more or less when you are nervous?
- What do you think stuttering is?
- When did you start stuttering?
- Do you stutter when you order food?
- What do you want to be when you grow up?
- Do you stutter when you are at home more or out in public?
- If a girl/guy asks you out and she/he doesn't know you stutter, how do you tell them?
- When I am speaking in class and I begin to stutter what should the rest of the class do? Should they wait and stare? I am really confused.
- Do people ever stop teasing you about stuttering?
- Do you stutter more when you are tired?
- What's your biggest fear about stuttering? What can make it better?



CHILDREN, TEENS AND ADULTS WHO STUTTER: Families, Professionals and Friends Working Together

One Day Friends Workshop—Iowa

Saturday, October 24, 2009 9:30 a.m. – 4:00 p.m.



Wendell Johnson Speech
& Hearing Center
250 Hawkins Drive
Iowa City, IA 5224

The workshop format includes brief presentations, small discussion groups and panel presentations. Emphasis will be placed on integrating treatment techniques and support services for people who stutter. Offerings for children will include enjoyable workshops on stuttering facilitated by speech-language pathologists and members of the adult stuttering community.

Presenters: Patricia Zebrowski, Toni Cilek, Julie Gasway, Steffi Schopick, Lee Caggiano

For more information: 319-335-8735 or e-mail: tricia-zebrowski@uiowa.edu

Deadline for registration is October 12, 2009.

How Teachers Can Help Kids Who Stutter

Teachers are an important influence on a child's journey through the "school years." They have a vital yet difficult job. The following are some examples of ideas from teachers and parents that may be helpful when dealing with stuttering in the classroom on a daily basis. Knowledge of the child and teaching experiences are the best guide in the decision-making process regarding the "best course of action."

- During everyday classroom discussion, it's important to allow increased response time and encourage everyone to contribute their ideas.
- Reading aloud is a situation that may increase anxiety if the child who stutters must wait for his or her turn in the "down the row" style of turn taking. To minimize this, you may wish to consider using random styles of turn selection. During group interaction, one must monitor the amount of collaboration that is occurring and, when possible, pair the child who stutters with easy-going, patient partners who allow him to contribute equally.
- When it is time for answering questions, teachers can help by *not* rewarding quick call-out answers. Taking turns, modeling thinking time, and random selection styles are helpful strategies in this type of situation.
- Classroom oral presentations may pose problems for children who stutter (as well as other children in your classroom). It is important to approach these presentations in a matter-of-fact way, and to develop a plan that supports the needs of the child who stutters. Flexibility may be necessary at times, but is important to provide opportunities for the child to be a successful contributor in the classroom.
- Questions from peers: How do I handle them? The best answers can only come from the child him/herself or from those who know the child best. Speak alone with the child who stutters and ask how he or she would like to handle these situations when they arise.

(part of this information credited to National Stuttering Association, www.westutter.org).



When You Get Teased About Your Stuttering

Children tease each other for many different reasons. A child who is taller than the others is sometimes teased. The same may happen to a child who is very short.

You may be teased about a big nose or giant ears. About being sick a lot or about not running fast. About having red hair or about being slow at math. About not wearing the right clothes or about not having a bicycle.

It is pretty normal for children to tease each other sometimes. But if you happen to want a bicycle very much and--on top of that--are teased about not owning one, the teasing really hurts. It is the same with stuttering. When you feel bad about it yourself, it really hurts to be teased about it.

When you are being teased, you can go to the teacher to make it stop, or you can tell your mom and dad and ask them to help you. But you can also do something quite different and tease back. You can always think of something.

I personally think 9-year-old Mark found the best solution. Every time he gets teased he just grins and says, "Come back when you can stutter better than I do." The children stopped teasing him right away!

Excerpt from the book [*Sometimes I Just Stutter*](#) by Eelco de Geus.

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The image shows the cover of a book titled "Trouble at Recess". The title is in a blue box at the top. Below it is a drawing of three children: a boy in a green shirt, a girl in a yellow shirt and blue pants, and a girl in a pink dress. The girl in the yellow shirt is jumping rope. At the bottom of the cover is the logo for "THE STUTTERING FOUNDATION" with the website "www.stutteringhelp.org" below it.

Another really good back about Teasing and Bullying is called 'Trouble At Recess', written and illustrated by eight year old Jamie over a couple of months. Jamie was able to talk about some of her feelings about stuttering.

Not just teasing is covered in this book. Other topics such as: what makes a good friend and what to tell other people about stuttering. Jamie was very excited about helping other people who stutter and teach kids about stuttering.

This book can be downloaded freely from the Stuttering Foundation website, www.stutteringhelp.org

What Kids Want Teachers and Classmates to Know

What we want our teachers to know by Gianna and Gracie (Long Island 5th graders)

I still want to be called on
I want to be treated like everyone else
I don't want you to interrupt me
I am not nervous- I just stutter
Stuttering is just a problem with your vocal folds
When there is a substitute, please tell the substitute that I stutter

What we want our classes to know about stuttering by Gianna and Gracie

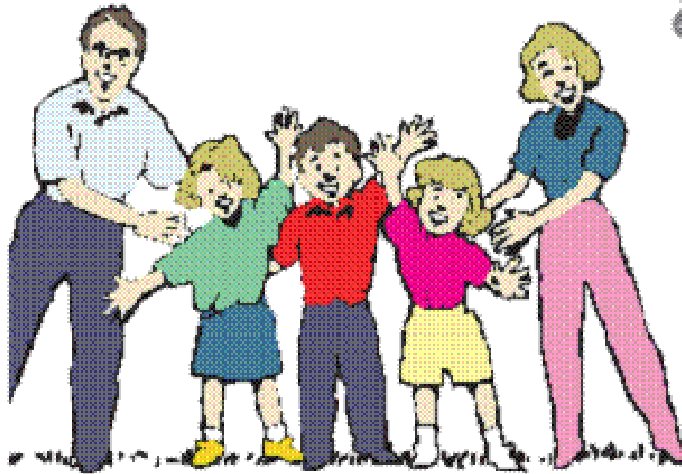
Please don't finish my sentences
I am not nervous- I just stutter
Sometimes stuttering feels OK, sometimes it is annoying and sometimes I feel nervous

What we want our classmates to know about stuttering by Ray, Ryan and Zach (2nd and 4th graders)

I stutter and don't bug me about it
Don't laugh or tease me
I stutter and it isn't that bad
I stutter and am proud
Just try to keep up with me



I was a little scared... and I did it anyway!



Young people who stutter show us acts of courage on a daily basis. They often make choices that may increase their risk of being uncomfortable, feeling different and possibly ending up at the receiving end of ridicule. Friends would like to honor these acts of courage, and encourage our young clients to continue taking risks and being honest about their stuttering.

My name is Michael.

I am 9 years old and live on Long Island.

I love baseball.

My favorite player is...

I stutter and I ran for student council at my school. I won!
I was a little scared...and I did it anyway!

My name is Zachary.

I am 7 years old and live on Long Island.

I really love football.

My favorite player is...

I stutter and talked to my class about stuttering so they would know why it takes me a longer time to talk sometimes.
I was a little scared...and I did it anyway!

My name is Ashlee.

I am 13 years old and live on Long Island.

I love playing soccer.

My favorite band is...

I stutter and volunteered for a part in my class play.

I was a little scared...and I did it anyway!

My name is Kristen.

I am 11 years old and live on Long Island.

I have two sisters.

I love acting.

I stutter and wrote a letter to all my teachers telling them about my stuttering.

I was a little scared...and I did it anyway!

WE NEED YOUR HELP!

We will introduce these young people in our newsletter and let others know that there are many cool kids who are doing what they want to do ...and stuttering.

If you would like to send in a photograph with your submission, please do so.

We would love to print it.

Mail to:

Lee Caggiano

38 South Oyster Bay Rd.

Syosset, NY 11791

Name _____

Age _____

Where do you live _____

Three things you want us to know about you:

1. _____

2. _____

3. _____

I was a little scared and _____

FRIENDS News & Notes:

Our newsletter is offered both in print and electronically. You will receive both versions, unless you tell us otherwise.

The e-version allows us to reach a wider audience, and make use of technology. E-RO can be found linked on the Friends webpage. Check it out.

Stepping Up Program (S.U.P.)

This is a teen mentoring program. You can have a teen to talk to, or you can befriend and help someone younger who stutters. It is such a good feeling to help someone else go through the same stuff you did. If you are interested in being a mentor or want a mentor, contact Lee at

LCaggiano@aol.com



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The annual subscription rate is \$35. You can subscribe or order our books, posters, and other materials online at:

Website: www.friendswhostutter.org

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Friends Face book Page

Hey Kids, Teens, Adults, Parents, Professionals and Anyone who cares about people that stutter, Friends has their own Facebook page:

<http://www.facebook.com/group.php?gid=96715691549#/group.php?gid=96715691549>



Friends Convention 2010

Thursday, July 22 - Saturday, July 24, 2010

Embassy Suites Chicago - O'Hare/Rosemont

5500 North River Road, Rosemont, Illinois

(847-678-4000)

CEUs offered for Speech Language Pathologists * Educational Grants Available * Discounts for Speech Language Pathologists who attend with a client.

For more information: Online: www.friendswhostutter.org or Toll-free: 866-866-8335