

*What we all should know  
about.....*



***Stuttering!***



# *ATTRIBUTES*



## *Who are you????????*

- Think of three things that describe you & one thing you need to improve!

# Affirmations

Circle those that describe you...

I am intelligent. I am a good talker. I like to help people.  
I am honest. I am confident I am smart I am a good listener.  
I am a good speaker. I am fluent. I am a leader. I am dependable.  
I am a good reader. I am a good communicator. I am interesting.  
I am responsible. I like to talk. I am a good problem solver.  
I use good eye contact. I am good at talking on the phone.  
I am assertive. I am likeable. I am friendly. I am a hard worker.  
I am a good teacher. I am an advocate. I am admirable.  
I am amiable. I am an artist. I am a singer. I am knowledgeable.  
I am inventive. I am a good writer. I know the speech helpers.  
I am tolerant of others. I am good at easy speech.  
I am nice. I am a good speller. I am an athlete. I am likeable.  
I am intelligent. I am a good person. I am assertive.  
I know my speech helpers. I am fluent. I am a good listener.  
I am good in many talking situations. I am responsible.

I am \_\_\_\_\_. I am \_\_\_\_\_.

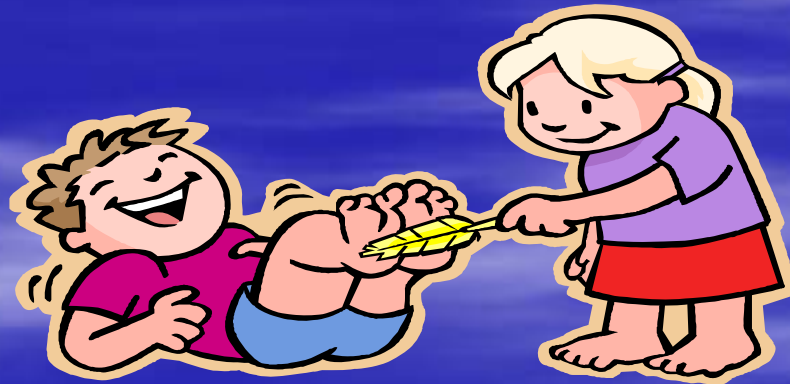
*And.....*



- Think of three things that describe your brother or sister.
- A friend, brother or sister who stutters also has many “attributes”, skills and talents!! (and also some things to improve!)

# What Causes Stuttering?

Stuttering is caused by  
being tickled or dropped!



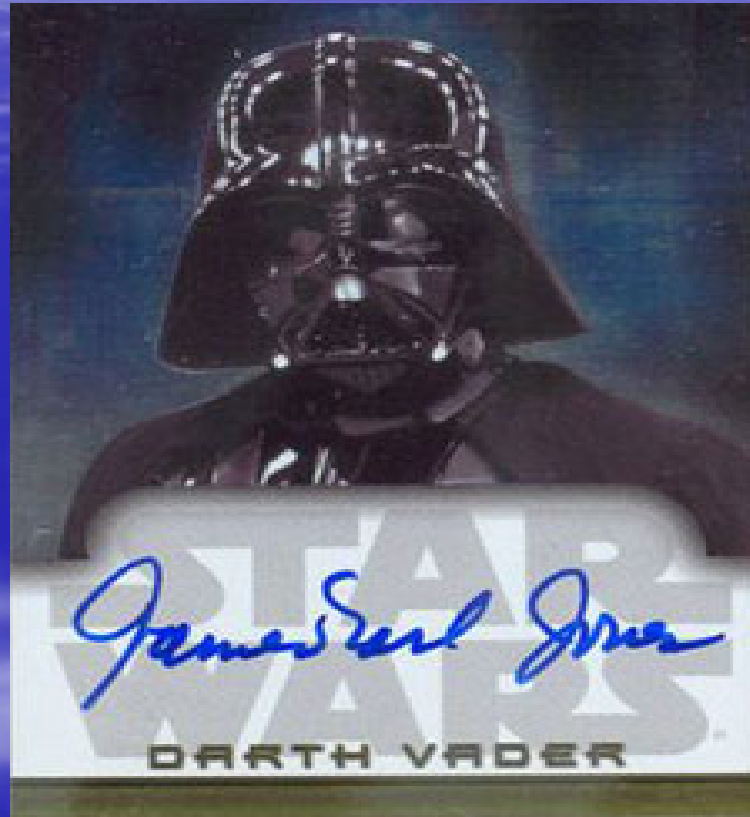


# Facts about Stuttering.....

- Stuttering is special. Many people don't understand stuttering.
- Stuttering is no one's fault.
- Stuttering is not contagious.

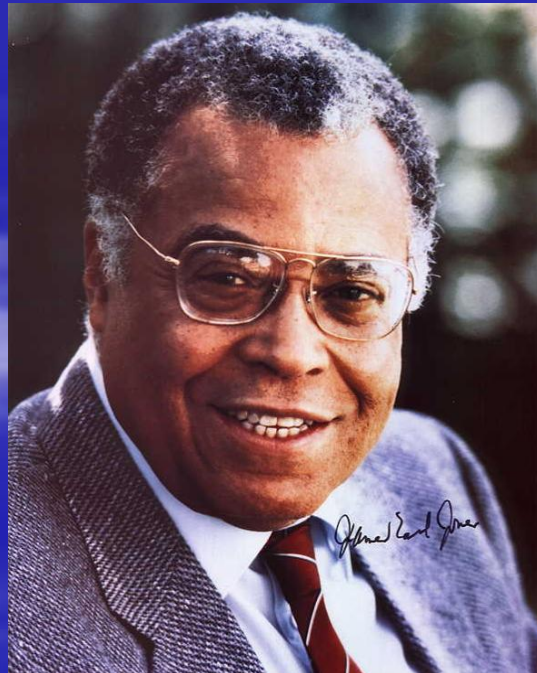


Whoooooooooooo is this person?



To all, lift your voice out of the silences and say.....

- “ This is who I am. For what it’s worth, this is how I feel...and this is who I am.”





# *More Facts about Stuttering..*

- There are famous people who stutter... Tiger Woods, Winston Churchill, Bill Walton, Kenyon Martin.....about 1% of people in the world stutter.
- Stuttering sometimes happens in families! Some times more than one person stutters in a family!
- Everyone stutters some of the time.

# Stuttering has many forms.....

- “getting stuck on a word”
- “repeating sounds/words”
- “holding out a sound” or
- “avoiding talking”



# Stuttering is.....

- Being Anxious about speaking...

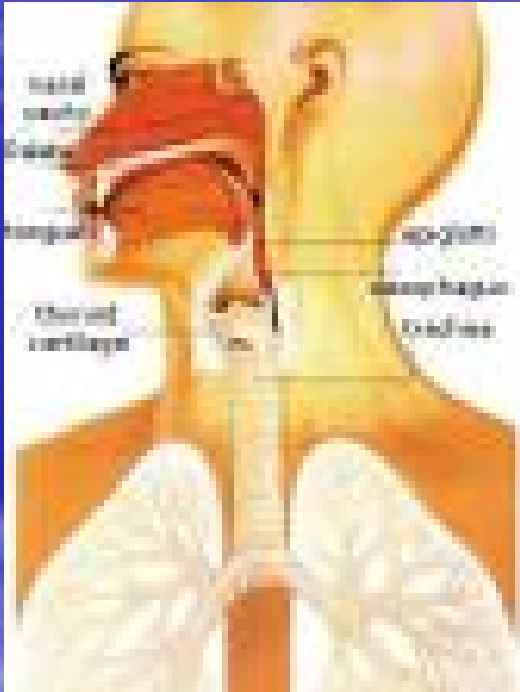
- Being Afraid...



- Feeling Tight while Talking....

# What is stuttering?

## Here are some facts.



- The muscles that produce speech are: the voice box, tongue, teeth, lips, and the lungs
- When we talk all the muscles are in working in unison together, but sometimes...they don't and that is a stutter



# Stuttering also happens when..



- The muscles do not work together and move easily because of tension. Tension just happens.
- Muscle tension feels like a muscle spasm that you cannot control. This causes the air flow to stop until the speaker  
.....



# Stuttering also happens.....



When a speaker:

- 1) Pushes through the tension (which actually increases the tension)

or

- 2) When a person tries not to stutter or hide stuttering.



# So what can a kid do?

## Use speech tools!!!



Here is a list of some speech tools that may be used either alone or in combination with each other:

- Easy starts
- Longer pauses between phrases
- Pulling out
- Easing in
- Breathing
- Light touches

Speech tools allow kids who  
stutter to...



Move forward  
through their  
words without  
as much  
physical  
effort!

# Sometimes kids can use tools & others times it is hard..



This is because:

- Not all speaking situations are the same
- Some talking tasks are more complex or harder
- Some listeners may be harder to talk to or with
- A kid's confidence about speech can change
- Sometimes it is just unexplainable



# The bottom line is.....

- It's hard to use speech tools ALL the time.
- It takes practice and hard work and a willingness to learn.
- It's sometimes hard to remember to use them, especially in certain situations and under certain speaking conditions like....



# *Situations like.....*

- When you're in the middle of a class
- When you are called on and not expecting it
- Meeting new people
- Answering or talking on the phone

# Remember



- Stuttering is not:
- A problem with intelligence
- A mental problem
- Contagious
- Curable with medication
- Easy to change or control

# Sometimes kids who stutter get teased?

- Teasing is making fun of someone. Teasing can include name calling or imitating stuttered speech
- Why does teasing hurt?



# Teasing hurts because...

Children who stutter don't feel confident about speaking...

- and may feel embarrassed or upset about stuttering..
- No one likes to be teased.

- Stuttering is not funny!  
Someone who is having a hard time talking needs your help !



# How about an Experiment?

- Walking through an obstacle course  
BLIND FOLDED



- How does it feel not to be certain about what is going to happen?
- How does it feel when everyone is telling you what to do?



# You are Important!

- Brothers & Sisters & Friends!
- Families make a difference!
- Everyone can help!



# How can you help your brother or sister when stuttering happens?



- Allow them to finish speaking, even if it takes a while.
- Give them plenty of time to talk
- Take turns speaking
- Talk to them about their speech/ ask them what might help

# On a final note.....



- Remind your brother/sister that **NO ONE** has **PERFECT** speech!!!!
- A person who stutters can do anything he/she wants to....
- Ask questions about stuttering...the more you know, the more you can help.....
- Keep your brother or sister talking....

# A Thank You!!!

- To my “kids” and “adults” who stutter who have taught me many things about communication.
- To my friend, Irv and his client Ricky who developed several of the slides in this presentation.

Diane



# A final task.....

- Write a letter or draw a picture for your brother or sister....
- Think of some of the things that you have learned today...
- Also, think of some of the things that your brother/sister can do that are special...

