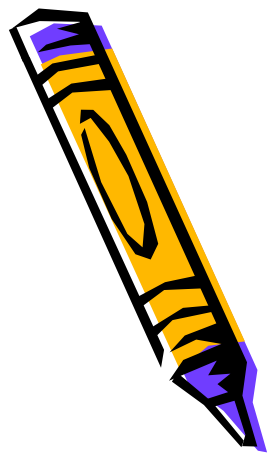


Don't be  
***afraid***  
of stuttering

International Stuttering  
Awareness Day

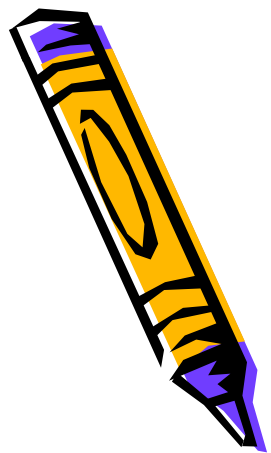
October 22, 2008



# What Is Stuttering

Stuttering is a speech disorder in which the normal flow of speech is disrupted by frequent repetitions or prolongations of speech sounds, syllables or words or an inability to start a word (stoppage or block).

It is individual and can be situational.



# What Causes Stuttering?

- Many believe it is a physical problem
- Also may be genetic or neurological
- Parents don't cause it - no one's fault
- Nothing intellectually wrong



# Not Just What You Hear

## Feelings:

Shame

Frustration

Hopelessness

Anger

Denial

Scared

Isolated

## Behaviors:

Avoidance

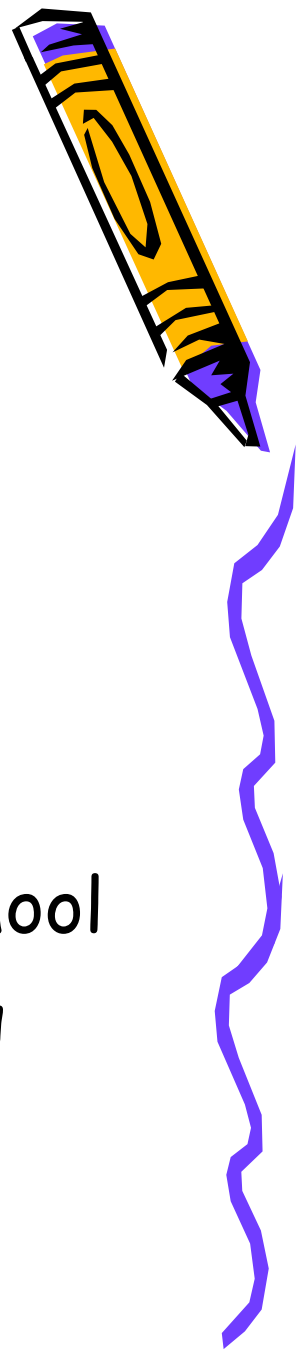
Making Excuses

Withdrawal

Refusal

Acting out in school

Bullying/Fighting



# Common Myths

Psychological problem

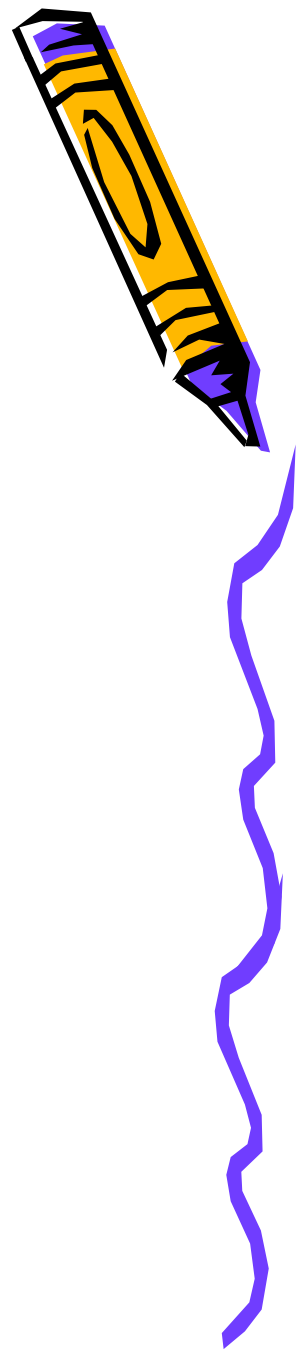
Poor parenting

Being nervous or anxious

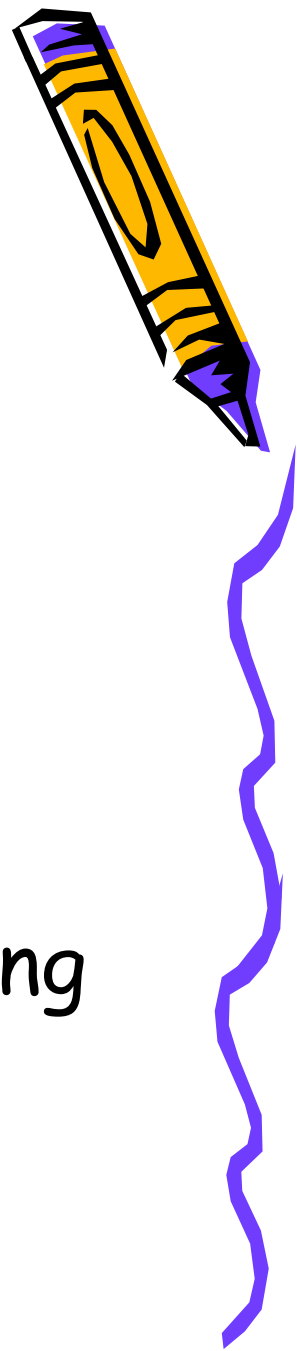
Less intelligent

Shy - introverted

Not worth listening to



# Help For Children

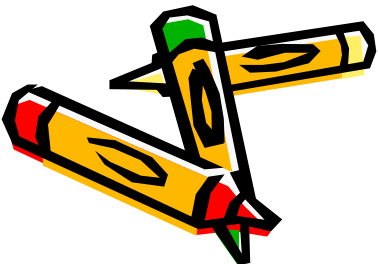
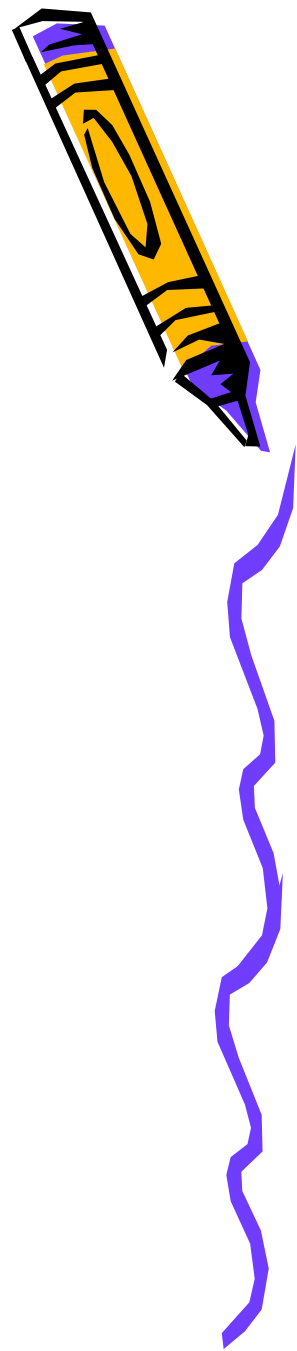


- Early Intervention
- Parent involvement
- Positive messages at home
- Parents model slow speech
- Talk to kids about what is happening



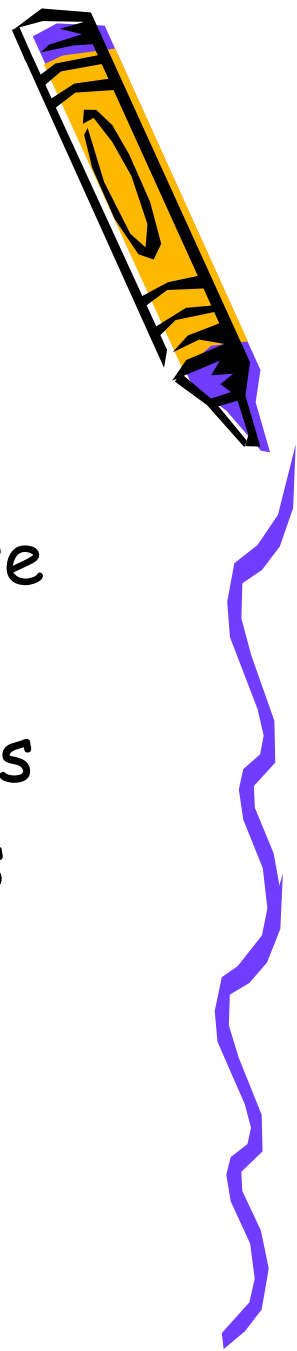
# Finding The Right SLP

- Think about your goals.
- Referral sources: Stuttering Foundation, local university.
- Ask questions of potential SLP's
  - What is your comfort level with treating stuttering?
  - What is your experience with treating stuttering?
  - What do you think is the primary goal of therapy?
  - What approaches do you use?



# School & Workplace Success

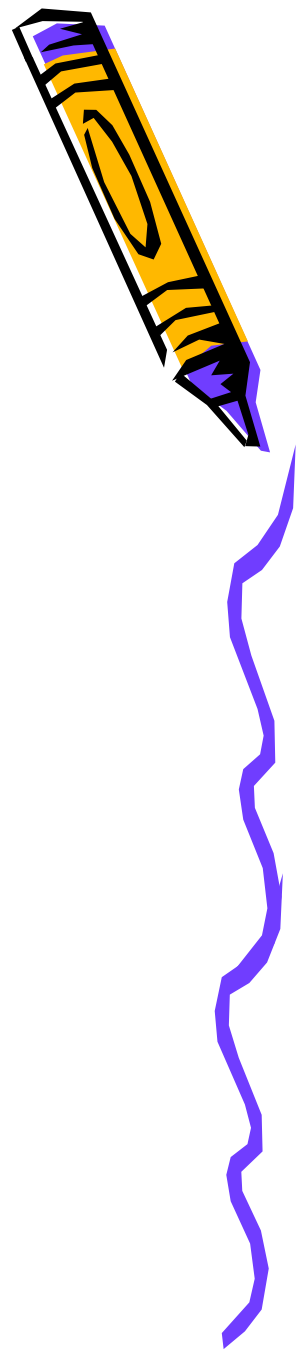
- Involvement
- Deal with teasing and bullying
- Child can teach peers about stuttering
- Don't single out
- Hold child to same expectations
- Be proactive
- Openly disclose
- Advocate and raise awareness
- Educate employers
- Focus on positives
- Accommodations



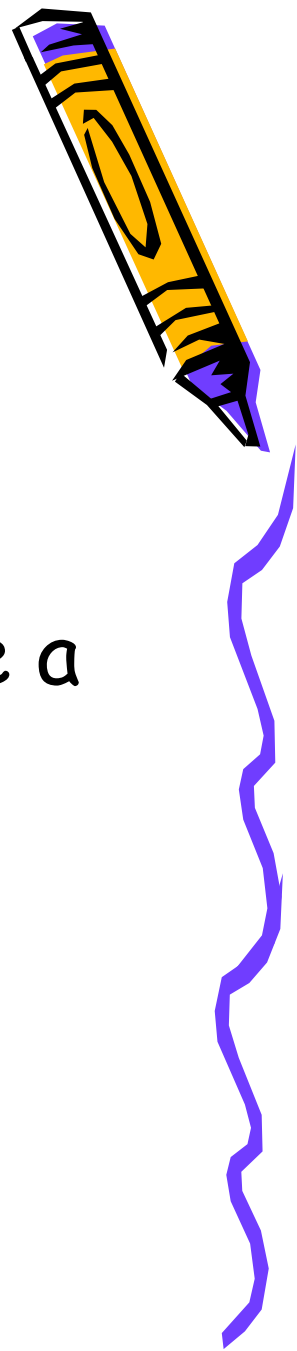


# Acceptance

- It's OK to stutter
- More to communication than fluency
- Utilize self-help
- Advertise & disclose
- Voluntary stuttering - yeah, really



# Tips For Listeners



- Maintain eye contact
- Don't finish sentences
- Don't suggest slowing down or take a deep breath
- Ask if you don't understand
- Don't assume
- Be patient and respectful



# Resources: Local & National

- **College of St Rose Fluency Council**  
Dr Joseph Klein: 518-454-2505
- **National Stuttering Association (NSA) Local Chapter:** 518- 221-8989
- **NSA - National** [www.westutter.org](http://www.westutter.org)
- **Friends -For Young People Who Stutter**  
[www.friendswhostutter.com](http://www.friendswhostutter.com)
- **Stuttering Foundation of America**  
[www.stutteringhelp.org](http://www.stutteringhelp.org)
- **The Stuttering Homepage**  
[www.mnsu.edu/comdis/kuster/stutter.html](http://www.mnsu.edu/comdis/kuster/stutter.html)



# Thank you!

Contact information:

- Mary Archambault [mlarch62@yahoo.com](mailto:mlarch62@yahoo.com)
- Steve Marchant [candsmarchant@earthlink.net](mailto:candsmarchant@earthlink.net)
- Pamela Mertz [pmertz2@yahoo.com](mailto:pmertz2@yahoo.com)

