

Trouble at Recess



THE
STUTTERING
FOUNDATION®

PUBLICATION NO. 0034

Did you know...

- 1 Over 3 million people in the U. S. stutter.
- 2 There are 3 or 4 boys who stutter for every girl who does.
- 3 People who stutter are just as smart as people who don't stutter.
- 4 Lots of scientists have tried to find out what causes stuttering. No one knows for sure what causes it. It runs in families. Also, it's just the way some people's bodies work. Scientists are still trying to find the answers and have made a lot of progress already.
- 5 Some kids don't raise their hands in class because they're afraid they might stutter. But stuttering is nothing to be ashamed of!
- 6 There is no cure for stuttering. Going to speech helps but it can take awhile to see changes.
- 7 Going to speech can help just about everyone, no matter what age they are.

There are lots of famous people who stutter: James Earl Jones, John Stossel, Kenyon Martin, John Melendez, Bill Walton, Mel Tillis, Nicholas Brendon, Robert Merrill, Carly Simon, Ken Venturi, Bob Love, John Updike, Lewis Carroll, King George VI, Winston Churchill, and Marilyn Monroe.

Compiled by Lisa Scott, Ph.D., The Florida State University



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A Nonprofit Organization
Since 1947—Helping Those Who Stutter

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By Jamie



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The initial goal of writing a story was to help Jamie develop a positive awareness of differences in people, and a positive awareness of stuttering. She had a good friend at school who wore hearing aids and she started the story about two friends, one with hearing aids and one who stuttered. The book was written and illustrated over a period of months and Jamie was able to talk about some of her feelings about stuttering. We “researched” stuttering by reading books and watching the video *Stuttering: For Kids, By Kids* from the Stuttering Foundation of America. We learned about teasing, and the plot of *Trouble at Recess* was formed. Topics such as: what makes a good friend, what to do if you are teased, and what to tell people about stuttering were discussed. Jamie was very excited that her book might help other people who stutter and teach kids about stuttering.

Julie Gasway, M.A., CCC-SLP
January 2008

Dedicated to my family.

Jamie, 8 years old



This is Molly. She is 5 years old. She likes to play inside with her dolly.



Molly has many friends. She likes to play with them at their houses or at her house.



Molly is good at school work, taking care of her things, sharing, being a good sport, following the rules, and volunteering. She is a wonderful daughter, sister, and an athlete.

Sometimes Molly stutters. When she does, it sounds like: "Mom-mom-mom"; "l-----ike"; "p-p-p-party"; "m-----outh."

When Molly's friends ask her why she stutters, Molly says, "I don't know. Maybe it's just the way I was born."

"Sometimes my stuttering isn't as noticeable. We don't know why it comes and goes."



Molly has a friend named Kate. Kate wears hearing aids to help her hear. That is the way she was born. Kate is 6 years old.



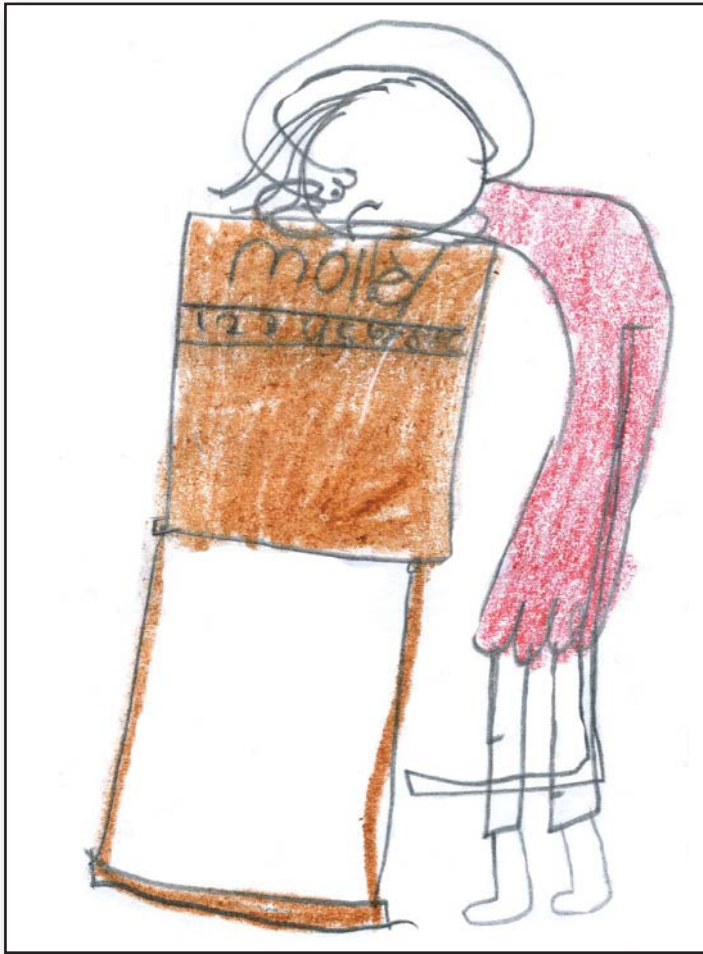
Kate and Molly are the best jump ropers in class. They can jump longer and higher than anyone else. Kate and Molly can even double dutch.



Molly and Kate are in kindergarten with Mrs. Conrad. Mrs. Conrad has blond hair and a nice smile. She has daily jobs for all the children.



One of the daily jobs in kindergarten is "calendar." It was Molly's turn to tell the class the daily events. She opened her mouth and started to say: "this one goes there" but she got bumpy on the word "there" and it sounded like this: "this one goes th-----ere."



Molly felt horrible because she thought that she would get teased because she has never had bumpy speech at school before. She finished her job and ran to her desk. None of the children said anything yet ...



At recess that day Molly and Kate were practicing jump rope.

A boy named Jim stopped the rope when Molly was jumping. He said, "Ha! Ha! You have bumps in your speech."

Kate got mad and said, "Don't you mess with my friend, because I'll tell the teacher."

Molly was so sad she walked away from the playground with Kate. They stood behind the tree until recess was over.

After recess Molly and Kate told Mrs. Conrad about Jim and what he said to Molly. Mrs. Conrad told Jim never to make fun of anyone again. Jim apologized to Molly.

Kate shouted to Mrs. Conrad, "No! You should send him to the Principal's office or suspend him."

Mrs. Conrad told Kate she needed to settle down and then she said, "Kate, it's not that big of a deal."



Inside, Molly thought it was kind of a big deal. She asked Mrs. Conrad if she could go to see the school guidance counselor, Mrs. Acrobat. Mrs. Conrad gave Molly and Kate a pass to go to Mrs. Acrobat's office.



Molly and Kate told Mrs. Acrobat about the teasing. Together they made a plan. Molly, Kate, and Mrs. Acrobat will learn about stuttering, and they will make a presentation to Molly's class.

Molly found out that:

1) All people are different, they do some things well and other things not so well.



2) We don't know exactly what causes some children to stutter.

3) Things that can help kids who stutter are:

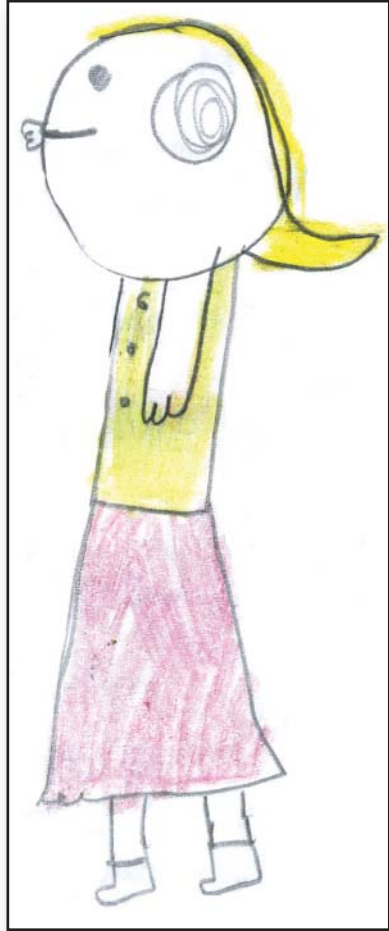
- a) Listen to what we say.
- b) Don't tease, keep your own feelings in mind, we all have feelings.
- c) It is okay to ask questions about stuttering, but do it politely.
- d) Treat us like everyone else.
- e) No one should interrupt or finish words for anyone else.

Molly and Kate wanted to do a presentation to the class about stuttering.

They talked to Mrs. Conrad and set a date. All the children sat in a circle and Molly and Kate gave the presentation. Jim sat in the front, and he listened carefully.

Molly had a little bumpy speech during her talk about stuttering. The school speech pathologist showed a movie about stuttering to the class.

Molly felt okay about stuttering in front of the class. She was happy she could do the presentation. Molly answered a few questions, and some of them were from Jim.

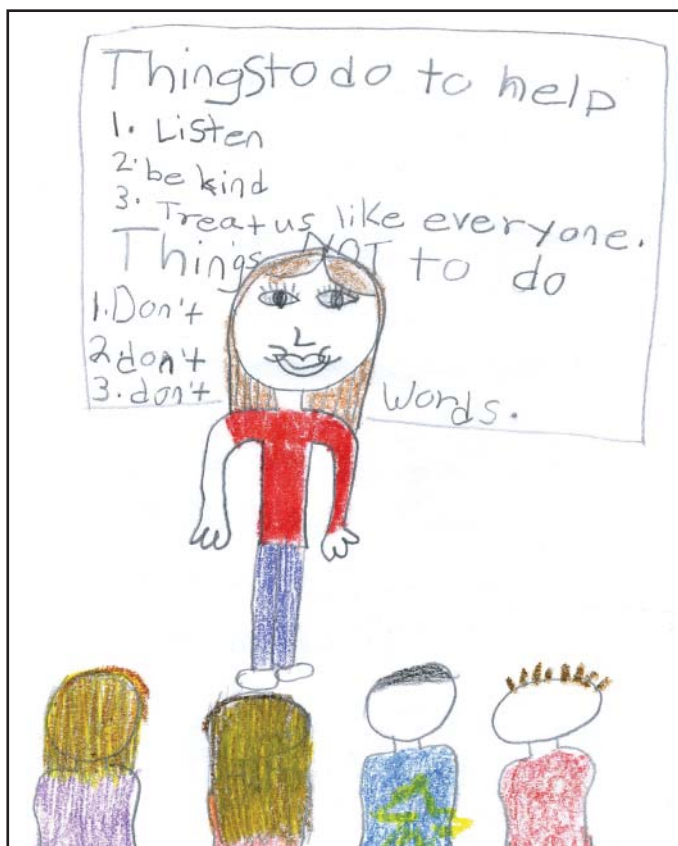


One of the questions was – When did you start stuttering?

Molly said, “I started at the age of 3.”

Another question was – What did your mom and dad do to help you?

Molly said, “They tried to help me by saying things slowly themselves. They also listened to what I said, not how I said it. That was the most important thing.”



Things to do to help:

1. Listen.
2. Be kind.
3. Treat us like everyone.

Things NOT to do:

1. Don't look away.
2. Don't tell me to slow down.
3. Don't fill in words.
4. Don't make fun of me.

Jim asked, "How do you stutter?"



Molly demonstrated how she stutters by asking Mrs. Conrad a question. She demonstrated how she stretches her words: "M-----
-----Mrs. Conrad, can I go to the bathroom?"

Molly explained that a little stretch in a word is when she holds onto a sound a little longer than the other sounds. She also showed Jim how people can say the same word two or three times.



"I - I - I think I need glasses. I can't see that well."

The whole class understood.

After the presentation, the kids went out for recess except for Molly.

Mrs. Conrad wanted to thank Molly for doing the presentation. Molly and Kate talked to Mrs. Conrad and then they went outside too.

Some of Molly's friends ran up to her and told her what a good job she did explaining about stuttering.

Molly felt happy and good inside. All of the girls went to the fort house to play.

After school Molly ran home to tell her mom about the presentation. Her mom gave her a big hug and said, "I'm really proud of you. Should we go out for a treat?"

Molly and her mom celebrated at the mall!



That night Molly told her dad about how brave she was. Molly's dad said, "I'm proud of you, too! When I was little I stuttered too."

Then Molly and her dad talked about stuttering. But then Mom said it was time for bed.

Molly brushed her teeth, washed her face, went to the bathroom, put on her pajamas and Daddy tucked her in. Molly knew that she could always talk to Daddy about anything – even stuttering.

Her daddy told her stories as she fell asleep. Molly was really excited for tomorrow. She was sure that she could make mistakes or bumps, and it would be okay.







Jamie is 8 years old. She likes to do school work and write stories. In her free time she swims and cooks. She takes dance lessons and ice-skating lessons. She lives at home with her parents and sister and her fish, Diamond. When she grows up, she wants to be a counselor.



Meet Swish
and friends,
stars of
Stuttering:
For Kids,
By Kids!



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