

Kids Speak: For Children Who Stutter

From the Stuttering Center of Western PA

August 2004
Volume 1, Issue 4

Craig Coleman, M.A., CCC-SLP
J. Scott Yaruss, Ph.D., CCC-SLP

Going Back to School



Pretty soon, it will be time to start another school year! This can be fun and also a little scary. You might be excited to see all of your friends from last year, but you may be a little nervous to meet your new teacher, find all your classes, or maybe even go to a whole new school.

Starting another year of school can be hard for all kids! You might think that if you stutter, it is harder for you, but just remember, all the kids in your class have something that is hard for them too. They are probably just as nervous as you are to start a new school year.

This year, maybe you can really work hard to teach the other kids and your teachers about stuttering! This will help you, because then the people around you will know how to respond when you stutter. We'll help you to get ready, ok?

Here are things you can tell people if they ask you about your speech:

1. You work hard to control your stuttering, but sometimes it still happens.
2. Stuttering doesn't stop you from talking or doing things that you want to do.
3. You can't "catch" stuttering from somebody who stutters.
4. Stuttering runs in families. You can tell them if other people in your family stutter.
5. Lots of famous people stutter.
6. Stuttering is pretty special. Only 1% of the people in the world stutter.

7. Everybody has disruptions in their speech sometimes. Maybe you and your friends can listen to see if you hear anyone else get stuck. You will see that *nobody* talks perfectly.
8. You can teach your friends, teachers and classmates how to pretend-stutter.
9. Stuttering is not something you should feel bad about. You can still do lots of great things, and it's not your fault you stutter.
10. You can learn lots of things to help your stuttering.

Here are some things you can say if other kids tease you about stuttering:

1. You don't like to be teased—and, you don't tease other people!
2. You can stutter better than the person teasing you can.
3. You can ignore it and walk away.
4. You can tell your teacher or your parents.
5. You can tell other kids about stuttering so they know more about it.
6. You can even teach your whole class about stuttering. This usually helps because other people learn that stuttering is not easy, but it can be fun to learn about it.

Always remember to talk about teasing with your parents and speech teacher. They can help you decide what to do when other kids ask you about stuttering or tease you.

Always remember, it's okay to stutter!

See you next time!

