

Stuttering Center News

February 2003

Volume 1, Issue 1

Inside This Issue:

- Stuttering Center Launches New Website!
- Treatment for Preschool Children
- Resources for Parents

Highlights:

Stuttering Center Update	2
Hot Topic	2
Mailing List	2
Mission Statement	2
Q & A	3
Kids Speak	3
SLP Corner	3



A joint venture of Children's Hospital of Pittsburgh and the Department of Communication Science and Disorders at the University of Pittsburgh

Stuttering Center of Western Pennsylvania
(412) 692-5575

J. Scott Yaruss, PhD, CCC-SLP
Craig Coleman, MA, CCC-SLP

<http://www.stutteringcenter.org>

Welcome to *Stuttering Center News*

Beginning with this edition (February 2003), *Stuttering Center News* will be published every other month. The newsletter will serve as a way to keep parents, professionals, and people who stutter up to date on items relating to the *Stuttering Center of Western PA*.

We will also use *Stuttering Center News* to provide information relating to current issues in stuttering.

Each issue will feature several sections devoted to specific topics.

For example, a section devoted to information about the *Stuttering Center of Western PA* will be titled *Stuttering Center Update*.

The section titled *Hot Topic* will feature a brief discussion of current issues in the field of stuttering.

Q & A will serve as a forum for readers to send in questions that may be answered in future newsletters.

The *SLP Corner* will be devoted to information for professionals.

Finally, we will have a section titled *Kids Speak*. Topics for this section will be selected by children who stutter. In some cases, children may share their experiences with stuttering. In other cases, they may pick a topic they want us to write about to share with everyone.

We hope this newsletter will provide access to valuable information that will help all people who stutter and their families.

What is the *Stuttering Center of Western PA*?

The *Stuttering Center* is a joint venture of Children's Hospital of Pittsburgh and the University of Pittsburgh.

We provide specialized assessment and treatment for children and adolescents who stutter and their families, as well as education, training, and support for clinicians who work with people who stutter.

The *Stuttering Center* pursues an active program of

basic and clinical research on the nature and treatment of stuttering across age groups.

The *Stuttering Center* is staffed by certified speech-language pathologists including nationally recognized specialists in the diagnosis and treatment of stuttering.

The *Stuttering Center* offers client-centered diagnosis and treatment designed to help people who stutter get the most out of their lives.

Stuttering is more than just a speech disorder. To help people cope with their stuttering, it is necessary to work with the whole person, not just the speech mechanism.

Treatment is individually designed for each client. Goals are to help clients improve their fluency and overall communication abilities to maximize their participation and success in social, occupational, and professional endeavors.



Stuttering Center Update: Check Out Our New Website!!

You can now access our completely new website at: www.stutteringcenter.org!

The site provides information for parents of children who stutter, adults and children who stutter, and speech-language pathologists.

Several informational handouts on stuttering are available on the website.

In addition, the "Research and Staff" section highlights studies that have involved clinicians and researchers at

the *Stuttering Center*, including the 5-year NIH grant awarded to the University of Pittsburgh for the study of childhood stuttering.

The "Assessment and Treatment" section provides an overview of our approach to working with people who stutter.

There will also be a discussion page for kids who stutter. This page will allow kids to post their thoughts on stuttering.

Finally, there are many links to other resources on stuttering that may be helpful to check out.

We encourage you to view the website and give us any feedback you may have. Please send comments to craig.coleman@chp.edu

We would like to thank Katie Ulrich of the University of Pittsburgh for all her hard work in the design and implementation of the new website.



Several factors play a role in recommending treatment for preschool children who stutter.



Hot Topic: Recommending Treatment for Preschoolers

When evaluating a preschool child who stutters, we are often asked "Will he 'out-grow' his stuttering?" While it is impossible to answer this question with one hundred percent certainty, there are a number of factors that place a child at increased risk for continued stuttering.

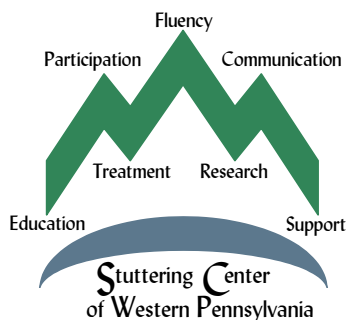
One factor is genetics. Children with other family members who stutter or have stuttered in the past have an increased risk of stuttering.

Another factor is how long the child has stuttered. Children who stutter for longer than 6 months seem to be less likely to recover without intervention.

A third factor is the child's reaction. Children who have strong negative reactions to their stuttering are also at increased risk. Keep in mind that some children stutter frequently and have no reaction or awareness of their stuttering. Other children

stutter relatively infrequently but have significant physical tension or strong negative reactions to their stuttering.

When deciding whether to recommend treatment for preschool children who stutter, we would rather err on the side of caution. This allows us to provide at least some form of treatment to children who appear to be at increased risk for developing chronic stuttering.



The Stuttering Center of Western PA's four-part mission.....

- Treatment for people who stutter
- Research on the nature and treatment of stuttering
- Education for students and clinicians interested in learning more about stuttering
- Support for people who stutter, their families, and their clinicians

Free Subscription!

Join our email distribution list to receive this newsletter as soon as it is published. Send your email address to craig.coleman@chp.edu.

You will receive an email response confirming your **free subscription** to the *Stuttering Center News*. (Note: You must be able to read PDF files.)



Q & A: What Resources Are There for Parents of Children Who Stutter?

Since this is the first issue of the newsletter, we have selected a topic for the *Q&A* section. In future issues, we will use this section to answer questions you send to us. If you have a question you would like answered in the newsletter, please email it to craig.coleman@chp.edu. Do not send attachments—these will not be opened. Include your question in the main body of the email.

Our answer to this issue's *Q&A* can be found on our website at www.stutteringcenter.org

There you will find a link to a presentation given at the annual convention of the American Speech-Language & Hearing Association by Craig Coleman and Jennifer Carlson. This guide is titled "Providing Resources for Parents of Preschool Children who Stutter." It can be

found on our home page, as well as in the "Parents" and "Professionals" sections of the website.

This guide provides a wealth of links to internet resources as well as books, videotapes, and support groups. It also provides a guide for possible uses of each source of information.

Kids Speak

This section will be used for kids who stutter to talk about their experiences with stuttering and/or answer some questions kids might have about stuttering.

In this issue, we will let 10-year-old Tommy talk about his stuttering. He talks about his feelings about stuttering and some things he has learned to help his stuttering.

"I feel very good about my stuttering. Even when people ask me why. Because I know not a lot of people stutter.

I learned some things about stuttering. One...there are a lot of famous people who stutter like Bruce Willis.

Two, you can stop stuttering a little bit but not all the time. There are a couple ways to prevent stuttering.

One is pausing the other one is cancellation.

I feel very good about my stuttering. It is part of who I am."

If you are a kid who stutters, or you are a kid who knows someone who stutters, we would really like to hear from you! You can send us an email or ask your mom or dad to send us one for you.

SLP Corner

This section will be devoted to professionals who work with people who stutter. Each issue, we will present at least one activity that may be helpful when assessing or treating people who stutter. We welcome your suggestions too. Send email to craig.coleman@chp.edu with any activities that you would like to include. We will do our best to include your activities along with your name and location.

One activity we find useful in treating school-age children and adolescents is to help them give a presentation to others about stuttering. We let children decide who they want to give their presentation to, and we help them prepare the content of the presentation.

Several resources are available that may help your student plan the presentation. For example, the National Stuttering Association has a

new pamphlet on helping school-age children give classroom presentations. It can be ordered from the NSA at www.WeStutter.org. Other helpful materials are available from the Stuttering Foundation of America at www.StutteringHelp.org.

It is important to let the child guide the presentation and let him work within his level of comfort. This presentation is helpful in educating the child and others about stuttering.

Children's Hospital of Pittsburgh, Department of Audiology and Communication Disorders

3705 Fifth Ave.
Pittsburgh, PA 15213

Phone: (412) 692-5575
Fax: (412) 692-5563

The Stuttering Center offers evaluation and treatment through Children's Hospital of Pittsburgh in Oakland and at our satellite offices in Bethel Park, Monroeville, and Wexford. Visit the Children's Hospital website at www.chp.edu for directions.

Find us on the Web!

www.stutteringcenter.org

**Craig Coleman,
MA, CCC-SLP
craig.coleman@chp.edu**

**J. Scott Yaruss,
PhD, CCC-SLP
jsvaruss@csd.pitt.edu**

**Send us your questions
and comments!!!**

