

National Stuttering Association

...for kids and teens
who stutter,
their parents,
SLPs and others who
support them!

family Voices



National Stuttering Association

Changing the lives of people who stutter

Stuttering on “Wheels”

by Ethan W., East Brunswick, NJ

My name is Ethan, I am 17 years old, and I live in East Brunswick, NJ. When I am not doing school work I like to spend my time playing ice hockey, watching hockey, playing guitar, listening to Jack Johnson, and more recently cycling (intense bike riding). I am also a proud person who stutters. I make it my business to educate people about stuttering and take it very seriously. For example, I

across the country on a USY program called Wheels; basically six and a half weeks with 48 Jewish teens from all over the country. On this trip I had several 1 on 1 conversations about stuttering with people on my bus across the United States, and welcomed questions. On one particular night in Los Angeles, I had the opportunity to run a program for the group where I opened the floor to all questions about stuttering; how it affected me personally as well as questions about stuttering in general.



have educated my community of friends at USY, which stands for “United Synagogue Youth.” For some reason, these teens seem to be accepting of whatever you bring to the table, and I am very lucky for this.

Since 8th grade, I have been involved in USY and have expanded my circle of friends tremendously. In doing so, I have spread awareness about stuttering. Over this past summer I went on a trip

During this question/answer session I was asked the most interesting questions I have ever been asked about my stuttering; some I was even unable to answer (I do not remember the exact questions). At the conclusion of the program I found that I had profoundly affected everyone on my bus, evidenced by the tears of pride and happiness from my fellow “wheelniks” (the Jewish/USY term for kids on wheels), and friends. On the last night of the trip, we gathered in a circle and went around telling the group anything that was meaningful and that we wanted to tell the group on our last night as a “family”. I chose to thank everyone for their acceptance of me even though I was different, as well as their patience with my stuttering and constant interest in it. Not only did my fellow wheelniks learn a lot; I learned a lot about myself.

What was your first NSA conference? Atlanta

Will we see you at this year's conference in Cleveland? I think so.

...Continued on Page 7

In this Issue:

Ask the Expert	2
“Confidence”	3
“My G-G-Gift”	3
The “TAC” Challenge:”	4
NSA Member Highlight	5
Stutter Buddies	5
“Once a Workshop Kid”	6
“No Stoppin’ Me Now”	7
Local NSAKid and TWST Chapter Map	8
2010 NSA Conference Sneak Peak	8

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Ask The Expert

by Marybeth Allen, CCC-SLP BRF-FD

When the Sibling Teases...



As an SLP working with children who stutter, and as a parent of a child who stutters, I sometimes need to address the issue of the siblings! What to do when “normal” rivalry gets out of hand and the fluent sibling teases the sibling that stutters? Parents are shocked

when their “other perfectly sweet child”...has become a teasing bully and has sent their sister/brother who stutters crying to their room with a mean, teasing barb. Or, perhaps they find the two siblings pummeling each other in the playroom after the “other perfectly sweet child” has mocked or mimicked a stutter? We, as parents, just can’t believe that our “other child” is being a bully to their sibling that stutters!

In fact, you most likely are right, - your “other child” really is your “other perfectly sweet child”. Other factors are probably operating here. Your “other child” may be acting out confused and unresolved feelings...some of which may be that he’s not being treated as fairly in the family as his sibling; his sibling is getting special treatment; and ...“it’s just not fair”. So, the normal, logical “kid thing to do” is to “take it out on the cause of it all”.

This whole scenario can lead to a discussion about families; they really are dynamic and they can reflect many varied interrelationships. There is much written about how a chronically ill child affects these family dynamics. There are also studies of these families with ill children which show that routines and dynamics naturally change when a child is ill. Researchers report that siblings often experience the feeling of loss of a “normal” family life, and loss of their identity within the family.

Certainly a child who stutters is not a “chronically ill” child; however, the presence in the family of a child with a chronic communication disorder, such as stuttering, can still have similar effects. Let’s transfer these ideas about changes in family dynamics into what might be happening between siblings when one of them stutters. We might predict that - it would be normal for “fluent siblings” to: fear that they might “catch” stuttering. Maybe siblings feel guilty because their beloved sister/brother has so much trouble talking while they don’t. Maybe a sibling would or feel angry because their parents are devoting much more 1:1 time to their sibling (especially if the early stage of the Lidcombe program is being implemented!). Maybe a sibling would feel resentment towards the sibling if parents seem to soft pedal their disciplinary “voice” with the sibling who stutters, or feel residual guilt for being mean and teasing, after being told “they can’t help it”, or feel jealous about the stickers or “rewards” their sibling brings home each week from speech therapy. Perhaps even an older sibling may experience generalized worry and anxiety about what the future holds for their beloved sibling who

stutters. So, if that is what may be happening with your other children, the same literature regarding chronically ill children can help us find ways to help siblings cope.

Here are some ideas to try....

- Explaining/educating the fluent sibling about stuttering. With understanding comes help and compassion. Take advantage of sibling workshops at Youth Days and NSA conferences. Use child – level books/DVDE that explain stuttering.

- Talk about what therapy is and does and what helps. This knowledge helps them see that their brother /sister is not getting preferential treatment. With the help of you child’s SLP, including the sibling in some of the therapy sessions can also help demystify stuttering. In addition, giving fluent siblings specific things to do that will help their brother/sister with their stuttering, will help them feel like an important part of the treatment process.

- It’s important for parents to spend time with siblings too. The advice that parents received about good communication and 1:1 time holds for all kids!

- Just as with your child who stutters - keep the lines of communication open. Pay attention to siblings’ needs and emotions. Encourage them to talk about their feelings — the good, the bad, and the guilt-inducing — and try to read between the lines of their actions. This can be difficult when you’re stressed too, but a little attention and conversation can let your fluent kids know that they’re important and their needs matter too.

- Be aware that younger children may pick up on parental stress. Stress may be hard to spot in kids. Pay attention to any changes in kids’ behavior. Signs of stress in kids can include any changes in sleep patterns, appetite, mood, behavior, and school functioning. Even if you don’t see any signs in your kids, you can be pretty sure that changes to their routine and seeing their parents and other family members upset is likely to be causing them stress.

- Keep it “normal” as much as possible. Try to maintain continuity and treat your kids equally. Stick to existing rules and enforce them; in addition to minimizing jealousy and guilt, this also can send a strong optimistic message about stuttering!

- Don’t let your kids make you think that everything always has to be fair and equal! Help them see that sometimes in life one kid is just going to need more than the other.

- Set the family ground rules for acceptable behavior together and do enforce it equally. For example: No name calling, no door slamming, no teasing! etc. Solicit their input on what should happen when rules are broken.

- Is it possible to take the “rivalry” out of “Sibling Rivalry”? Whether young or old, competition, especially over parental love, will always exist within a sibling relationship. But, you can still be sure to equally acknowledge and appreciate the various accomplishments of all your children - both obvious and unique.

Marybeth Allen, CCC-SLP BRF-FD is a Board Recognized Fluency Specialist and has been working with kids and adults that stutter for 15 years. In addition to her private practice she is on the faculty at the University of Maine, teaching clinical courses and supervising graduate students. Marybeth is also a person who stutters and mother of 4 wonderful children, one of whom also stutters. Email is mbslp@midmaine.com.

Join us for these.... UPCOMING EVENTS

July 7-11, 2010

Cleveland, OHIO
NSA Annual Conference

Visit the website for details:
www.WeStutter.org

RECENT EVENTS!

May 1, 2010

Tampa, FLORIDA
NSA Workshop for School
Age Kids/Teens who Stutter,
their Families, and
Speech/Language Pathologists

May 1, 2010

CALIFORNIA
NSA Workshop for School
Age Kids/Teens who Stutter,
their Families, and
Speech/Language
Pathologists

family

2 Voices

Confidence Drew Kiser

Hi, my name is Drew Kiser. I am a 20 year old NCAA student athlete and a proud person who stutters. I have been stuttering since I began to talk, and I have been participating in athletics for almost as long. Athletics have provided me with a strong foundation of morals, work ethic, and a great opportunity to make friends, and establish relationships. The most important attribute athletics has given me in my life as a stutterer, and as a person in general, is confidence.

Growing up as a stutterer I had parents that were very supportive of me, and tried to help me in any way that they possibly could. I began speech therapy early in life. Among other things I was taken to an NCS (National Center for Stuttering) program presented by Dr. Martin Schwartz in Washington D.C. I even tried the Speech Easy ear device at the request of my speech therapist for about a year. I was never one to accept my stuttering naturally. I was often embarrassed of my speech and that only led to me being more shy and disfluent.



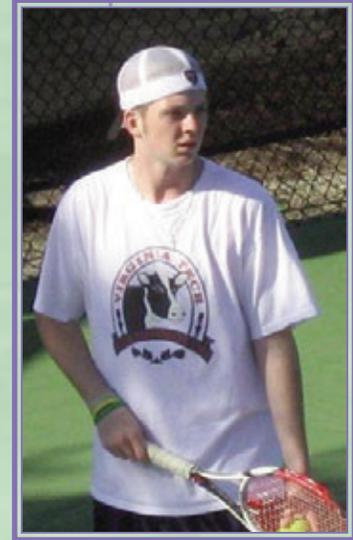
My point being, while all of these resources and techniques were beneficial to me at some point of my life, the confidence I gained through my sports experiences has been the most helpful to me in dealing with, and improving my speech fluency. Through participation in all kinds of sports, my self-confidence grew from the achievements, and reassurance from my teammates and coaches. As my self esteem increased I began to feel good about myself. This helped me to come to terms with my stuttering. I have found

that for me, being confident about myself and who I am is a very important in accepting my stuttering.

Anyone that has ever been an integral part of an athletic team comprised of close knit members will tell you that the experience is unlike anything else you can do. The camaraderie and togetherness on a good team is unlike anything else I had experienced. When you are on a team like that, you feel like you have teammates and friends that have your back, support you, and accept you no matter what. Just knowing that I had an entire team that was there for me and accepted me for who I was, helped me to become more comfortable with my stuttering myself and accept it. Once I had accepted it for what it was, I became vastly more fluent with my speech in every way. The difference was just unreal.

On a positive note, I also feel that my stuttering has helped fuel my achievements in sports as well. Let's be honest, people like to label people with the easiest most identifiable thing that stands out about them. I think some of my work ethic in sports came from the fact that I wanted to stand out and be noticed for something other than just being the "stuttering kid". When people said my name, I wanted instead of them saying "you know, the kid that stutters"; I wanted them to say "you know the really good tennis player". I felt like if I had something more to offer than the average person, then there would be less focus on my speech and more focus on whatever else I could do well. So in an unusual way, I feel like my stuttering motivated me to work harder in athletics than many of my peers did. Driven by this desire to excel, I was able to realize many of my dreams when I became ranked No. 1 in the state of Tennessee by the United States Tennis Association in the boys 18's Division, high school success, and college scholarship.

I have a ways to go yet, but feel I'm off to a great start. In college, I'm blessed with another great team. Indeed my sports experience has helped me in so many different ways in my life, not just with my stuttering. But as far as my stuttering goes, my participation in sports has guided me in making friends, accepting my stuttering, and helped shape me into the young adult that I am today. I encourage participation in sports to any young child, especially one that stutters. Find a sport or other activity you like, focus all that negative pent-up energy into a positive force, put in the time, focus on being your personal best, everything else will start to come your way.



My G-G-Gift Jack McDermott

As I progressed through elementary school, a crippling speech impediment was the greatest gift imaginable. Every syllable required the utmost effort to crank a seemingly never-ending word out of my mouth. With thoughts racing through my head, the task of completing a single sentence was daunting. Year after year, I was told I would simply outgrow my stutter in a few more years.

Despite my speech impediment, I was like most kids. Growing up in a small suburban town, I found joy in my imagination. The neighborhood kids and I mounted our bicycles, pretending they were cars each with a detailed job. One day, my sky blue Gary Fisher would be a police car,

then an ice cream truck, and every so often even a newspaper delivery van. Those were the days of late summer bliss, that is, until we would be summoned for dinner. A stutter does not exist in these pretend worlds.

In middle school, however, it was a different story. We no longer played pretend games, not because they lost their fun, but because a select group of socialites deemed them childish. Now, it hit me, my stutter was real. In an effort to keep my spirits up, I often jokingly said, "Do you have five minutes? I have a great one minute story for you!" This was the case in English class; vocabulary exercises were assigned each week in our crimson Sadlier-Oxford booklets. When not dishonorably searching for the fill-in answers online, I brainstormed excuses as to how I could miss Mrs. Green's

...Continued on Page 4

The "TAC Challenge" to Grow Stuttering Awareness

by Stephanie Nicolai

Scavenger Hunt for Stuttering Awareness!!

May 6-11, 2010

National Stuttering Awareness Week so we thought we would have some fun- Click through the NSA's website to find the answers.

1. Who was awarded the NSA 2009 volunteer of the year at the Scottsdale conference?
2. Name 2 NSA events that happened in 2009.
3. Post a question on the NSA facebook page.
4. Name 3 "famous" people who stutter featured on our website.
5. What year was the NSA founded? (for our history buffs)
6. What is the NSA's motto or tagline?
7. Watch a video on the NSA website.
8. What NSA support group is closest to your home?
9. What Journal of Medicine featured the recent news about the stuttering gene discovered?
10. What is the one thing you want people to know about people who stutter?
11. How many posters are available in the NSA store?
12. Name 3 of the NSA's conference keynote speakers.

Happy Hunting!!



Teens who stutter are accepting the challenge to get stuttering out into their communities to spread stuttering awareness and to help themselves with speech confidence as well.

The TAC (Teen Advisory Council) is pretty much a new crew this year! We have a total of 8 people now

and they are all different ages and amazing! Sarah D'Agostino, NSA family programs administrator, has asked the teens to do different things around the stuttering community and the public. Things such as writing articles for the newsletters and the website, getting involved in the teen Yahoo! group, organizing Skype meetings, posting to the NSA Facebook page, and overall trying to get the word out about stuttering to the general public. And this stuff isn't just for the TAC. Anyone can do these things and is much encouraged to do so.

My G-G-Gift, Continued from Page 3



class. Every Friday, students took turns reading their answers aloud. The wave would begin with some head on the other side of the classroom like a storm on the horizon. One by one, the flurry drew nearer. Counting the number of readers before me, I would

predict my dreaded sentence. Suddenly, a voice behind me spoke confidently, and then fell silent. It was my turn. The next thirty seconds would be a blur in my memory, full of sound repetitions, gasps for air, and choppy, mispronounced words. The only part more painful than the sound of the sentence was how I looked when saying it. When appearance was paramount, I squinted my eyes, jerked my head, squirmed in my seat, and tapped my fingers—any action to relieve the agonizing pressure. Maybe in a few more years I would be able to speak aloud in class, I thought. I have never been immersed in a boiling pot of water, but I can imagine how a lobster feels as it takes its final plunge.

Through over a decade of speech therapy, my perspective on stuttering has changed almost as drastically as my speech itself. Although my level of fluency may never reach the triple digit mark, I now speak with a wealth of confidence. In retrospect, I see that the difficulty in voicing my thoughts did not derive in the least from my disfluency. I disassociated myself from my stutter. With the mounting societal pressures of middle school, I simply could not stand to stick out from the rest of my seemingly normal peers; a sense of conformity was my sole escape.

Today, I have found a passion in mentoring younger teenagers who struggle with stuttering. As I sit beside one sixth grader with a certain determined gleam in his eye, he optimistically elucidates his trouble in speaking over the telephone. I am instantly struck by the duality of this moment. Not only do I empathize with his frustration, but I also recognize the echoes of my own childhood voice. It is clear that now my highest ambitions far outweigh my fears of failure, for I will never "be with those cold and timid

This project has quite convenient timing as stuttering awareness week coming up in the month of May! Stuttering Awareness week is May 10th-16th so be sure to mark your calendars! This is a great opportunity to really help spread the word about stuttering and make people more aware of it. The only way ignorance will end is with awareness and it can only start with you! Even something as simple as advertising to one person a day about your speech during stuttering awareness week, becoming a "fan" of the NSA's facebook page to stay informed, or even signing up for the 2010 conference coming up quick in July! Little things really do add up between everyone and that week is perfect to start it. I hope everyone is doing well and I can't wait to hear what great progress will be made in the upcoming months and hopefully I will see you all at the conference in Cleveland!

Stephanie Nicolai, 20 years old... I have been involved with the NSA for half of my life, literally! I was 10 years old when I went to my first youth day and haven't left since. I am now the leader of the Teen Advisory Council (TAC) and serve on the Board of Directors to make sure the young people's voice gets heard as well. My Mom, Debbie Nicolai, has led the TAC since it was put together years ago but with the retirement of her serving on the board, Sarah D'Agostino is now running things and doing an amazing job!

souls, who know neither victory nor defeat" that Theodore Roosevelt spoke of. I identify my stutter as a gift today. It is a gift of experience and knowledge. In its essence, however, my stutter is a calling to share this gift with others.

Jack McDermott is an 18 year-old student from Medfield, Massachusetts. He started a mentoring initiative for younger students who stutter and describes himself as a "stuttering optimist." Jack plans to study Economics at Tufts University next year and hopes someday to start his own business.

Hobbies? I love to play lacrosse and will be playing at Tufts for the Jumbos!

What is your favorite movie? Forrest Gump

Do you go to speech therapy? Not only have I gone to speech therapy for about twelve years, but I've recently started a mentoring program at my school to help younger teenage students who stutter.

If you could have one superpower, what would it be? Telekinesis no question. You can pretty much do anything if you can be anywhere!

What do you like watching the most on television? National Geographic, Discovery or History Channels

If you won a million dollars, what would you do with it?

Spend a few bucks for myself but invest most of it and donate the rest.

If you could take a year off an go traveling, where would it be? Travel across Africa and write the next best-selling novel!



NSA Member Highlight:

by Daniel H., Doylestown, PA

Hi, my name is Daniel, I am 11 years old and in 6th grade. I go to school at Buckingham Elementary in Doylestown, Pennsylvania. At the 2009 NSA conference in Arizona I met a man named Jason Faust who said during the ending ceremony that he would take the time to come to anybody's school and talk to the children about stuttering. I thought of this as an opportunity I couldn't just let go, so my family and I stayed in contact with Jason and scheduled a date that would work for us, and about 100 6th graders at my school. On December 14, 2009 Jason came and talked about stuttering for me, stuttering in general, and stuttering in his past and present. He talked about most of the things we learned at the conference and what he knew from speech therapy as a child. Jason also invited his therapist to come along. This man is not only Jason's therapist but also is his good friend. My classmates learned a lot and have a better understanding of stuttering. I really appreciate Jason taking time from his job and traveling here from Ohio to talk to my class.

Stutter Buddies



NSA
Member
Highlights

NSA Member Highlight:

Sean F., Vancouver, WA



Hi, my name is Sean. I'm in the 4th grade, I have been stuttering for almost 7 years. Some things I like are video games, music, guitar, and playing with my friends. I am 10 years old. This year I auditioned and got a part in my school play about Lewis & Clark. Don't let stuttering hold you back from trying new things like performing in a play.

What was your first NSA conference? Arizona 2009.

What would you like people who don't stutter to understand about stuttering? That it's natural and it doesn't mean we're different.

Who inspires you the most? My dad.

Hobbies? Reading, video games, hanging out with my best friend.

What do you want to be when you grow up? A jazz musician.

If you could have one superpower, what would it be? Shrinking.

What do you like watching the most on television? Cartoons.

If you won a million dollars, what would you do with it? Save it.

Which sports do you play or watch? Track.

If you could take a year off and go traveling, where would it be? Minnesota (I was born there).

How old were you when you started stuttering? 3.

If you could relive the last five years of your life, what would you change? Nothing.

Are there any fears you have that you would like to get over? Clowns.

If a genie granted you 3 wishes, what would you ask for? Infinite wishes .

Who made you laugh the hardest in your entire life? My dad.

Do you go to speech therapy? Yes.

If you could be invisible, where would you go and what would you do? I would sneak around my school.

Do you belong to an NSA chapter? No, there isn't one where I live.

Hobbies? Reading, video games, Hanging out with my best friend.

What is your favorite movie? Star Trek

Where is the furthest place you've traveled? Florida.



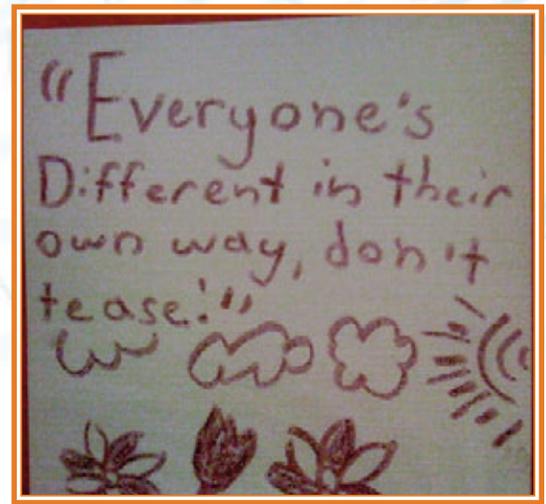
Once a Workshop Kid...Now Graduated!

Jared Winder, Sumner, WA

One of my first experiences with the NSA was at the second regional youth and parent workshop in the Tacoma area at Larchmont Elementary School. It was a great experience. My Name is Jared Winder and I am a senior from Bonney Lake High School in Washington State. I have stuttered all my life and have been with the NSA since I was about six years old. The program helped me to understand that I was not the only one. The program has done that for many students who have attended. But even more so with my experience I think it helped my parents.

I have always just looked at stuttering as a part of me and not anything to really worry about. My parents had no idea what was going on what they could do or what they should do. The workshop has helped to educate my family and me on what stuttering is, which is a great feeling. I have been to about ten of the thirteen annual workshops. At each one went to I met new people who stutter and have learned so much from them. On the 3/6/10, over 125 people, including 35 kids who stutter, their families, adults who stutter, and Speech Language Pathologists attended the 13th annual Family day in Tacoma. Mary Turcotte, Connie Haines and Doug Wing coordinated it. The kids were divided into groups led by Mary Turcotte, Nikole Spenny, Katherine Holmes, Kim Krieger, and Greg Dempsey. Annie Bradberry was everywhere!

Having been involved with it for so long and since this is my senior year, Connie, my parents and I decided that I should do something for the workshop for my senior project since they have done so much for me. Connie Haines is my mentor for the project, my friend, and my elementary school SLP. So Connie and I met up and planned out what I was going to do for the SLP workshop and the student/parent workshop. We decided that I would help advertise for both and help set them up. From my experiences over the years I have been through many lessons and projects at the student workshops. So we decided that my teaching a lesson to some of the younger kids would be a great way to contribute to the workshop and my project. We put together a plan about bullying because Connie thought that I could reach the kids on a different level than anyone else could. I had been through bullying as a child who stuttered and I could explain to them how to deal with it. We put together a poster with cards dealing with what these 5th and 6th graders have



dealt with stuttering. We emphasized that bullying doesn't only apply to kids who stutter but all people who are different. Along with teaching the 5th and 6th graders, I joined the teenage group and contributed to their group. There I met with people that I have known through out my years of going to the workshop, such as Chloe Whittaker.

Having now "graduated" from being a kid at the workshop, I feel it is very important that I contribute to the program best I can, because they helped me out so much. I learned how to relate what I went through to the children about their stuttering and the feeling of being a teacher. The speaker for the parents and the SLPs, John Tetnowski, PhD was very nice and had a lot of good points about new technology and was very supportive and



knowledgeable about stuttering. It was my first time attending SLP workshop and I felt that it was a great way to give SLPs the information they need about stuttering. The family workshop at Larchmont Elementary School has always been a great resource for kids who stutter and I am proud to have been a part of it and to have gotten to chance to help run it.



**National
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Association**

Changing the lives of people who stutter



Family Voices would like to hear from YOU!
Please send us your thoughts, ideas, questions and stories.

Contact the NSA or Sarah D'Agostino at sarah@westutter.org

Stutter Buddies Stories and drawings may be submitted for publication. Send them to the NSA or to Bonnie Weiss at 1484 Kensington Avenue, Buffalo, NY 14215 blweiss1@verizon.net

family

6 Voices

What would you like people who don't stutter to understand about stuttering? I am not different then you except in the way I talk.

Farthest place you've traveled to? Yosemite National Park in California.

Hobbies? Guitar, Ice hockey, and USY.

What is your favorite movie? Miracle, Superbad, or The Hangover.

What do you want to be when you grow up? A forensic scientist or forensic psychologist

How old were you when you started stuttering? Before I was 3 years old.

Do you go to speech therapy? Not currently but I have seen about 12 speech therapists.

What do you like watching the most on television?

NCIS, and hockey.

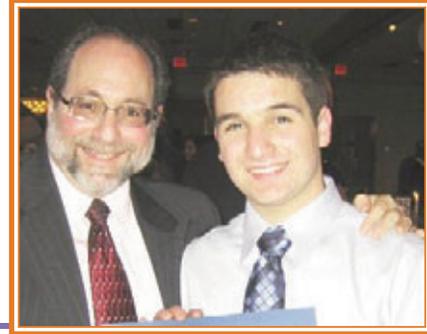
If you could take a year off an go traveling, where would it be? I am taking a year off my freshman year of college to study abroad in Israel for one year.

Which sports do you play or watch? Hockey.

Are there any fears you have that you would like to get over? Every stutterers fear ... public speaking.

My pet peeves: when people use "stuttering" as a noun. It's a verb!... I stutter; I don't have a stutter.

A weird thing I do: I put on my ice hockey equipment on in the same order every time I play or else I play badly.



Nothin' Stoppin' Me Now

Stephen H., Appleton, WI

My name is Stephen, I'm 15 1/2 and a Freshman at Appleton West High School. My stuttering has challenged me in my life on several occasions such as when playing online on my XBOX 360. I like to play videogames on my XBOX 360 and talk to anyone who will listen. Although I do run into people who pick on me at times, but hey what were mute buttons invented for.



What would you like people who don't stutter to understand about stuttering? That we are absolutely no different than everybody else.

Who inspires you the most? My dad.

Farthest place you've traveled to? Sacramento, CA

Hobbies? Video games.

What is your favorite movie? Avatar.

How old were you when you started stuttering? 6 or 7

Do you go to speech therapy? Yes.

What do you hope to be when you "grow up"? Computer programmer.

If you could have one superpower, what would it be? Changing shape.

What do you like watching the most on television? Family Guy.

If you could take a year off an go traveling, where would it be? Germany and Italy.

If you could relive the last five years of your life, what would you change? Nothing.

Are there any fears you have that you would like to get over? I'm afraid of heights.

If a genie granted you 3 wishes, what would you wish?

1. I wish I had the ability to change shape.
2. I wish anyone with a disease or deficit to be cured.
3. Infinite wishes.

What was your favorite Halloween costume and why? Darth Vader because my cousin and I could fight with our lightsabers.



My stuttering has not affected my grades in school as I'm a straight A student and on Honor Roll. I do not let my stuttering stop me from participating in class. Per my science teacher, I'm

the only boy in his class with an A+ as he also grades half your grade on participation and nothing has stopped me from participating in any of my classes. I notice my stuttering the most at school whenever I have to speak in front of the class, but it still never stops me from participating in class. I'm actually getting extra credit points in my Comm Arts class for reading out loud Romeo and Juliet in class. I got some help with my stuttering from an application I downloaded onto my Ipod which was recommended by my speech therapist. This is called DAF. I actually consider my stuttering a gift as everyone knows who I am and because of being in therapy I have a really good friend who has a speech deficit.

I'm proud that I stutter as it's taught me a few things such as being more humble. It has also taught me to not judge others. If you are reading this and you stutter I just want you to know that you are not alone. There are quite a few famous people who stutter.

Sincerely,
Stephen H.

The NSA with OnlineCEUs.com provides several new high-quality, easily accessible CE programs about stuttering for SLPs

Visit www.westutter.org for more information!

	KIDS (Ages 7-12)	TEENS (Ages 13-20)	PARENTS
W TH	Meet n' greet...OPEN HOUSE for all families... then off to the Rock n' Roll Hall of Fame or Rock Climbing. Family Programs Orientation! – EVERYONE gathers for information and introductions (Q&A).		
T H U R S D A Y	<p>Carabineers! Rock Climb your way to the top! Icebreaker for NSA kids gets to know each other!</p> <p>Rock Stars! What qualifies a “rockstar”? What makes you a “rock star”?! Decorate your own wooden star box.</p> <p>Open Mic. Kids introduce themselves and share stories- answer fun quiz questions about themselves- volunteers and win prizes!</p> <p>“My family Rocks” Rock Painting. Each rock represents someone in your family</p> <p>Sibling Roundtable. Siblings of PWS have a special perspective. An open discussion of their feelings, what circumstances they face and suggest ways for them to approach situations.</p> <p>Rock n Roll Obstacle Course & Treasure Hunt!</p>	<p>Games. Bags, indoor golf, maybe xbox rock band</p> <p>Crafts. Keep your hands busy while you create keepsakes that will remind you of your time spent meeting other people who stutter.</p> <p>Open Mic. If you gather the courage to tell your story, you can be sure you are in an environment that will be supportive, empowering and encouraging.</p>	<p>General Session: Matt Provinza</p> <p>Opening Parent Roundtable. Share stories and support each other as we travel together in each other’s journey.</p> <p>Being a Parent, Not a Therapist with Dr. Phil Schneider. Being a parent is an extraordinary challenge. How do we accept our child’s speech pattern and teach them that the world will listen to them while at the same time nurturing their ability to master new speaking skills?</p>
F R I D A Y	<p>CAMP crafts, games, songs, tents, campfire snacks. This morning’s activities will be lead by TAC member Sarah Onofri and a team of teen mentors. Kids will have fun doing fun “camp activities”.</p> <p>Teaching your Teachers. Using a script of questions, create a letter that you can give to teachers to tell them how to handle stuttering.</p> <p>Tarby Comes Out of His Shell – Storytime!</p> <p>Puppet Theatre. Funny voices, puppet plays</p> <p>Stutter Buddy Letters. We would love you to write! “Advertising”. How/why to tell people you stutter</p>	<p>Kid CAMP. Teens have the opportunity to mentor kids... camp activities lead by Sarah O and the other teen mentors</p> <p>Teaching your Teachers Braden and Shannon</p> <p>Braving the College Scene “Advertising”. How/why to tell people you stutter</p> <p>Stuttering and the Good Life: How to succeed in life, love. Jay Jones Doyle</p>	<p>Research Symposium</p> <p>Parent Open Mic! Who is brave enough?</p> <p>Teaching your Teachers</p> <p>Expert Experts- SLP who are PWS: Telling their story and answering the tough questions.</p> <p>10 Things Every Parent Should Know with Marilee Fini</p> <p>Advertising with Sarah Onofri</p> <p>Dispelling the myths and addressing the fears about succeeding. Jay Jones Doyle</p>
S A T U R D A Y	<p>Clowning with Kelly</p> <p>Learn to juggle. Dealing with stuttering...</p> <p>Circus games. Incorporate stuttering into these games and the kids win tickets to get prizes.</p> <p>Building foam clowns. What are all the things we have to laugh about?! Find funny things to bring jokes and laughs to our days.</p> <p>No More Homework, no more tests- just games! Do you love legos, card games, puppets, chinese checkers, cats cradle or tying knots? Join the fun!</p> <p>Brick Wall and Ladder. Sometimes you just hit a wall with your stuttering- let’s get over it together!</p> <p>Simon says/freeze dance. Get the kids moving... Everyone can have a chance to call out the commands or play/pause the ipod.</p> <p>Helping kids who stutter achieve success with Taro and Our Time</p>	<p>Parents meet your TAC Board Game Tournament with TAC member Lizzi Pina</p> <p>My Story Powerpoints Know your IEP Rights Finding a therapist that’s right for you. Success is ME! Tom</p> <p>Closing Open Mic. We need someone to lead it!</p> <p>GET REAL: Real-life Fearful Speaking Situations and Believing in Yourself - Joseph Diaz and Laura San Martin</p> <p>Teen Talk. You tube workshop- Pam Mertz</p> <p>Helping kids who stutter achieve success with Taro and Our Time</p>	<p>Parents Meet the TAC</p> <p>General Session</p> <p>Finding a therapist that’s right for you. Stephanie Coppin</p> <p>Know your rights! (IEP 411) Joan Duffield</p> <p>Closing Parent Roundtable with Diana Richards (Always an option) Meet in the parent room to relax and get to know some other parents</p>