

National Stuttering Association

Changing the lives of
people who stutter

The NSA helps children and adults who stutter—and their families—through numerous outreach programs. Examples include:

Annual Conference! Our 3-day Conference is the best way to help people overcome the challenge of stuttering. Activities, motivational speakers, support from others who stutter, the latest research, and much, much more! If you know people who stutter, be sure to tell them about this life-changing experience!

Local Chapters Providing encouragement and support for people who stutter for over 30 years. We have over 100 chapters for adults who stutter nationwide and a growing number of chapters for families and children (NSAKids groups) and teens (TWST groups).

Newsletters The NSA publishes helpful newsletters targeted to specific needs:

- *Letting GO* for adults who stutter
- *Family Voices Newsletter*
...for kids and teens who stutter, their parents, SLPs and others who support them! Special sections of this quarterly NSA publication are written for and by teens, kids and parents. Articles address issue of connecting, advocacy, resources, and education! School-age children and teens can learn how to cope with their stuttering from each other and parents are supported on many levels.

Workshops and Continuing Education (CE) Seminars

The NSA provides the latest information about stuttering treatment and research for people who stutter and speech-language pathologists through nationwide workshops, ASHA approved CE presentations, our partnership with www.procourseceus.com, and telephone and e-mail hotlines.

Call us at 800 We Stutter or send an email to info@WeStutter.org to have your questions about stuttering answered by top experts.

For more information, check out

www.WeStutter.org

Highlights from the History of the National Stuttering Association

Founded in 1977, the NSA has become the largest self-help/support organization in the United States for people who stutter. Throughout our history, we have worked to improve the lives of people who stutter. For example, the NSA was instrumental in securing a Presidential Proclamation establishing the second week of May each year as National Stuttering Awareness Week.

Later, the NSA named 1996 “the Year of the Child Who Stutters” and hosted workshops nationwide to help young people who stutter. In 2001, we held the first joint symposium for scientists and people who stutter, aimed at advancing stuttering research and treatment.

In 2005, we launched our NSAKids initiative to help children who stutter and their families, with local chapters, dedicated publications, and a new level of personal support.

Our history shows our commitment to people affected by stuttering and proves the success of our mission.

Copyright © 2010. All Rights Reserved.

National Stuttering Association

119 W. 40th Street, 14th Floor,

New York, NY 10018

Phone: (800) We Stutter (937-8888)

Fax: (212) 944-8244

info@WeStutter.org -- <http://www.WeStutter.org>

Teachers and parents: Please support the NSA with you Association is a 501(c)(3) nonprofit organization. Since 1977, we have dedicated ourselves to bringing hope and empowerment to children and adults whostutter, their families, and professionals through support, education, advocacy, and research.

Notes to Listeners

...a message from the
National Stuttering Association



What to know and what
to do when speaking with
a person who stutters


**National
Stuttering
Association**
Changing the lives of people who stutter

What To Know When Speaking With A Person Who Stutters

Stuttering can be confusing.

When you are talking with someone who is having trouble producing sounds or words smoothly, he or she may be stuttering. Stuttering can cause listeners to feel uncertain or anxious about how to respond. You will probably react appropriately by instinct, but if you are not sure what to do, you are not alone. The NSA is here to help. If you keep the following suggestions in mind, talking with a person who stutters can become more comfortable for you—and for the person who stutters.

People who stutter are normal.

They just have difficulty producing sounds and words fluently.

Stuttering is **NOT** a psychological problem or disorder.

Although...while a speaker appears nervous, keep in mind that the nervousness is a result of embarrassment about their stuttering, rather than a cause of it.

The causes of stuttering are complex.

Current research suggests that many different factors may be involved. There is no simple answer.

People stutter in different ways.

Some repeat syllables and others stretch out sounds or “block” while speaking. There are as many different ways to stutter as there are people who stutter.

Stuttering varies.

Some days, it is harder to speak smoothly, and other days it is easier. It is not always possible to figure out why a person stutters more at one time than at another.

Stuttering is not easy to change.

Stuttering may look like an easy problem that can be solved with simple advice. For most adults who stutter, stuttering poses a life-long challenge.

Still, speech therapy and self-help/support groups such as the NSA have helped countless people who stutter improve their ability to communicate.

There are no limits to what people who stutter can do.

Many people have learned to manage their stuttering so it has little or no impact on their daily lives.

People who stutter are not alone!

Since 1977, we have dedicated ourselves to bringing hope and empowerment to children and adults who stutter, their families, and professionals through support, education, advocacy and research.

Thank you for learning more about stuttering. Here are some more facts:

About 1% of adults and 5% of children stutter. That means that approximately 3 million people in the United States stutter. Stuttering typically starts in childhood. Most people start stuttering between the ages of 2½ and 5 years. Boys are approximately three times more likely to stutter than girls.



What To Do When Speaking With A Person Who Stutters

Be patient.

Most people who stutter strongly prefer to speak for themselves. You may be tempted to finish a person’s sentences or “fill in” words, but this does not help.

Remember that it’s okay to stutter.

Don’t give advice such as: “slow down,” “take a breath,” or “relax.” Maintain eye contact, listen carefully, and wait patiently until the person is finished speaking.

Remember that stuttering varies.

Don’t be surprised when a person stutters more in some situations than in others.

Be a good listener.

Let the speaker know, by what you say and do, that you are listening. Focus on the message, instead of how it is said.

If you’re not sure how to respond, ask the speaker.

Although some people may be uncomfortable talking about stuttering, most will appreciate your interest. Talking openly and honesty about the problem can help both of you communicate more easily.

Please be sure to check out the NSA website for some great brochures and information on stuttering.

www.WeStutter.org