

National Stuttering Association

“Changing the lives of people who stutter”

When a school-age child stutters, he or she may experience challenges not typically faced by other children. Fortunately, there are many ways you and others can help.

Working with leading stuttering specialists, the NSA has prepared this “Top 10” list of steps you can take to support your school-age child through this important time.

By following these recommendations, you will build a solid foundation for making good decisions about your child’s speech and language skills, and you will give your child the best opportunity for improving his or her fluency and communication.

As you try these suggestions, remember that **you and your child do not have to face stuttering alone**. The NSA is here to help!

The **NSA** is the largest self-help and support organization in the world for children and adults who stutter and their families. Through our **NSAKids** program, we have dedicated ourselves to providing parents and others with the knowledge, understanding, and hope they need to support children’s success in their speech and throughout their lives.



Here are just a few NSA resources for School-Age children and their families

Annual Conference! Our 3-day Conference is the **best** way to help children who stutter learn to overcome the challenge of stuttering.

Bullying and Teasing: Helping Children Who Stutter. Our 110-page booklet helps kids overcome one of the biggest problems they face.

CARE Newsletter. *Connections, Advocacy, Resources, and Education* for parents.

Stutter Buddies Newsletter. Written just for kids to help them cope with tough situations they face. Featuring our cool Stutter Buddies characters for fun *and* support.

Parent Support Chain. Connect with other parents who have faced the challenge of being the parent of a child who stutters.

Ask the Expert. Call **800 We Stutter** or email **AskTheExpert@WeStutter.org** to get help from top stuttering specialists and leaders in the stuttering self-help community.

With the NSA’s many outreach programs for school-age children who stutter and their families, *you are not alone*. Contact us today!

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Please support the NSA with your time and tax-deductible donations.

The National Stuttering Association is a 501(c)(3) nonprofit organization. Since 1977, we have dedicated ourselves to providing hope, dignity, support, education, and empowerment to children and adults who stutter, their families, and the professional community.

“TOP 10” Ways To Help School-Age Children Who Stutter (Ages 7-12)

School-Age Children Who Stutter Face Challenges — There Are Many Ways You Can Help

These are the NSA’s “TOP 10”



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Changing the lives of people who stutter

There are many things you can do to help your child! These are just our “Top 10!”

*For even more helpful ideas, call us at **800 We Stutter** or go to **www.WeStutter.org***

*You can help your child...
...the NSA is here to help you*

1. Learn about stuttering.

Getting the facts about stuttering can help you understand what your child is going through. The NSA has partnered with leading specialists to provide the most up-to-date information about stuttering research and treatment. The more you know, the more you can help.

2. Listen to your child.

Listen to the *message* your child is trying to communicate, not the stuttering. You can show your child that you are listening by not finishing sentences, filling in words, or giving simplistic advice such as “relax, slow down, and take a breath.” Encourage your child’s development of healthy communication skills by showing him that **what** he says is more important than **how** he says it. Reflect what you have heard back to him so he knows that he is understood.

3. Talk with your child about stuttering.

To the extent that she is comfortable, talk openly with your child about stuttering. Keeping communication open creates an atmosphere of trust and sharing between you and your child. Open communication helps your child know that she can talk to you about how she feels about stuttering, and this helps her know that she is not alone in dealing with her speech.

4. Communicate with your child.

Make time each day for quality, relaxed talking time with your child. Many families today are faced with increased demands on their time and fewer opportunities for simple conversation. A hurried atmosphere creates additional stress that can make it harder for your child to communicate successfully.

5. Choose appropriate therapy.

Fortunately, many treatments are available for children who stutter. Unfortunately, not all of these treatments are helpful for all children. Seek the advice of a speech-language pathologist (SLP) who specializes in the treatment of children who stutter and work closely with your therapist to ensure the best possible outcome for your child. If you need help locating a specialist, contact the NSA and we can help you find someone in your area.

6. Get involved.

Become a partner in your child’s journey by learning all you can about how he is coping with his stuttering, both in and out of therapy. Ask about what he is experiencing with his speech, and do your best to learn from those experiences. Remember, your child is the expert about his speech, and there is much he can teach you. Although he ultimately needs to deal with stuttering on his own, knowing that you are there for her will give him the support and encouragement he needs to overcome the many challenges he will face.

7. Be heard.

You can be your child’s best advocate. As you learn more about stuttering, you will gain the tools you need to foster your child’s long-term success. Often, you will find that you need to teach others in the child’s life about stuttering so they can more be understanding and supportive of his experiences. You can also teach your child to advocate for himself by helping him talk to teachers and others about speaking and stuttering, and about what he has learned through the NSA and in therapy.

8. Accept your child’s stuttering.

Stuttering is a very small part of who your child is and even less a part of who he will become. Stuttering does not have to limit your child’s life, and the key to overcoming stuttering is *acceptance*. You can help your child overcome the challenges he will face by showing him that your love and acceptance are unconditional, regardless of how fluently he speaks.

9. Give yourself—and your child—a break.

Change is a process that takes time and effort. As your family learns to cope with and accept stuttering, remember to give yourself and your child permission to take small and varied steps on the path to success.

10. Get Connected.

The National Stuttering Association (NSA) is dedicated to providing hope, empowerment, and support for you and your child. Through the NSA, you will become part of a community of people who understand stuttering and how to help people who stutter. The greatest gift you can give yourself and your child is the knowledge that you are not alone in dealing with stuttering!

For more information on how you can help your child, go to www.WeStutter.org, where you can subscribe to our **Stutter Buddies** newsletter and order our informative booklet, **Bullying and Teasing: Helping Children Who Stutter**. This helpful resource includes separate sections for children, parents, SLPs, teachers, and administrators to help everybody in the child’s environment learn and use proven strategies for eliminating bullying.