

national stuttering association's

**nsakids**

providing help & support to kids who stutter

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**how children can be helped**

Treating children who stutter is a complicated process that may involve several different components depending upon the child's individual needs. Parents and speech-language pathologists work together to learn how to best reinforce the lessons a child is learning in therapy with support at home.

The families of teens who stutter face a number of unique challenges. The older a child gets, the more important it is for them to take primary responsibility for handling difficulties they may be experiencing with their speech. Sometimes, it can be hard for parents to "let go" and allow their children to assume this primary responsibility. Other times, it may be the teen that is reluctant to take on the task of facing their stuttering. NSA Kids is here to help children and their families through this difficult time by providing support through this often challenging transition.

Stuttering does not have to ruin a child's life. Stuttering can have a significant impact on a child's life, but it does not have to. There are millions of people around the world who have learned to live with stuttering and lead successful and happy lives. There are numerous ways a child can be helped in order to ensure that stuttering does not become a major problem in his or her life.

Although there is no simple cure for stuttering, children who stutter can learn to speak more easily, feel better about themselves and their speaking ability, and communicate more effectively.

**nsa programs for kids, teens, parents and professionals**

**Stutter Buddies**  
Stutter Buddies is a newsletter just for kids who stutter -- especially for those between the ages of 7 and 12. The articles in Stutter Buddies are written by kids from all over the country. The "Stutter Buddies" characters show us how each deals with stuttering in their own special way. Reading Stutter Buddies can help kids learn more about stuttering -- and it helps them see that they are not the only one learning to deal with stuttering.

**Letting Go/Our Voices**  
Letting Go is a bi-monthly newsletter that provides hope and support for teens and adults who stutter. It includes letters from NSA members and the latest in both local NSA and national news. Our Voices is the teen section of Letting Go and is written by and for teens who stutter; compiled and organized by our Teen Advisory Council, made up of some of our best and brightest teen leaders in the National Stuttering Association.

**NSA TWST (Teens Who Stutter) Chapters**  
NSA TWST chapters are designed to meet the needs of teens who stutter, ages 13-20. Teens can face specific challenges and enjoy the social and emotional support that meeting other teens who stutter provides! Presently, there are 3 TWST Chapters in the U.S.

**New NSA Kids CARE Groups**  
NSA Kids has a new and exciting program that is all about children who stutter and their families. Right now, there are 2 CARE groups in the United States; with more expected to begin this year. Kids, parents, siblings, friends and even speech teachers meet to share ideas and learn more about stuttering and how to deal with it. The best part about these chapters is the face-to-face support that everyone feels!

**Parent Support Chain**  
Families can connect with people they can trust. Because the NSA is the largest support group in the USA for people who stutter, we have a large network of parents who understand what it's like to have a child who stutters. Parents can connect with others who have faced the challenges of being the parent of a child who stutters. Personal support and understanding are just a phone call or email away!

**Internet Yahoo Groups**  
The National Stuttering Association hosts protected email support groups for kids (ages 8-12), teens (ages 13-20) and parents of children who stutter. Long-distance

**Youth Days**  
The NSA Youth Day program is a one day event which brings together children and teens who stutter, their parents, siblings, speech-language pathologists and anyone who is special in a child's life. These workshops create a powerful and positive experience for both children and parents alike.

Many of the young people who attend have never met another person who stutters. Likewise, their parents have never met other parents of children who stutter. Youth Days provide an opportunity for families to come together to share experiences, exchange ideas, and find community and support among other people who are also helping a child deal with stuttering.

**CARE Newsletter**  
Parents of children who stutter need support for themselves, as well as for their children. CARE is the only newsletter of its kind in the country. It is exclusively written for parents of children who stutter. There are articles written by professionals and stories are shared among parents who are looking for effective ways to deal with stuttering in their family.

**NSA's Annual National Conference**  
The annual NSA National Conference is the premier meeting of people who stutter. This includes children, teens, parents, and professionals. Everyone who participates gains insight from professionals and most importantly, from each other. This is a can't-miss opportunity to learn and grow with others who share in the same experiences of dealing with stuttering. The latest therapeutic information and coping strategies are discussed and everything happens in a safe and friendly environment. Both children and adults love these conferences!

**Workshops at the Conference**

- The Latest in Research & What's New in Therapy
- Youth and Teen Programs
- Parent Sessions
- Exciting Keynote Speakers
- Coping and Management Seminars
- A Continuation of Popular Annual Events

Stephanie N. 14 Years Old

Chloe W. 10 Years Old

Michael L. 9 Years Old

Jackson M. 10 Years Old

Alex R. 16 Years Old

Chris B. 11 Years Old

Sherine B. 5 Years Old

**who we are**

The National Stuttering Association (NSA) is the largest support group in the United States for people who stutter. There are more than 80 local chapters nationwide. The NSA has been working with children since the inception of the organization in 1977.

Our mission at NSA Kids is to bring hope, dignity, support, education, and empowerment to children who stutter and their families. NSA Kids specializes in programs that help and support children ages 3-12 and teens who stutter. We offer outreach programs, published materials, conferences, workshops and educational programs for children, teens and their families.

**defining stuttering**

Stuttering is a communication disorder involving disruptions in the forward flow of speech. Speech disfluencies are moments when a child has difficulty "getting his or her words out." All children exhibit disfluencies in their speech—making mistakes is a normal part of learning to talk. Some types of disfluencies are actually a normal part of the communication process. Stuttering is an involuntary interruption in speech—or, a moment when a child knows what they want to say but has difficulty saying it.

**what causes stuttering?**

Researchers have been looking for the cause of stuttering for centuries. We now know that stuttering is not caused by a psychological problem. It is not solely the result of a trauma, either physical or emotional. And, it is not caused by over-protective or over-concerned parents. Stuttering is now thought to be caused by several different factors that interact with one another.

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**"Sometimes people make fun of me. I feel sad and want to cry. I don't like talking in front of my class because they laugh at me."**  
— Kadjjah Jobe, 5th grade, East Providence, Rhode Island

**"I just can't believe that I stutter, but I am learning to love myself and am getting better everyday."**  
— Nick Cerbo, 8 years old, Cranston, Rhode Island

**"Many people don't understand stuttering, and have no idea how to listen to a person who stutters. If all of us start educating one person at a time, we can move mountains. Each one person that we educate is one less person that can hurt our children."**  
— Debbie Nicolai, Parent, Editor and Family Programs Co-Chair, National Stuttering Association

**where to get more information**

National Stuttering Association  
119 West 40th Street, 14th Floor  
New York, NY 10018  
1-800-WeStutter (1-800-937-8888)  
www.WeStutter.org • info@WeStutter.org