

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 nearly 30 years! We have more than 80 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 several helpful newsletters targeted to specific needs:

- **Letting GO** for adults who stutter
- **Our Voice** for teens who stutter
- **Stutter Buddies** for school-age children
- **CARE** (*Connection, Advocacy, Resources, and Education*) for parents

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 OnlineCEUs.com.



Telephone and Email “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 our website!
www.WeStutter.org

Some 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, our programs, and our message of **hope, dignity, support, education** and **empowerment** for people who stutter and their families. *If you stutter, you’re not alone!*

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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.

Notes to Listeners ...a message from the National Stuttering Association

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




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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 smoothly.

Stuttering is not a psychological problem or disorder.

Although we do not know exactly why people stutter, we do know that it is not caused by psychological or emotional factors.

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!

The National Stuttering Association’s mission is to bring hope, dignity, support, education, and empowerment to children and adults who stutter and their families, and the clinicians who serve them.

If you know people who stutter, tell them about the NSA. It can change their lives.

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 and not 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.

Remember that stuttering is NOT caused by psychological problems.

While a speaker may appear nervous, keep in mind that the nervousness is a result of embarrassment about their stuttering rather than a cause for it.