

THESE ARE A FEW OF MY FAVORITE THINGS ....

## **National Stuttering Association**

### **Transitional Years**

#### **Top 10 “To Do” List For Teens**

To Parents of the Teens who stutter:

You have a teen that stutters so you know that up to now there has been no magic overnight cure. New and important developments in education and therapy are happening almost every day. In the mean time, there is **so much that can be done by you, your child and the significant others in your child’s life.**

The National Stuttering Association’s (NSA) goal is to empower you and your child with knowledge, understanding and hope that will help to build your child’s chances of successful speech development.

#### **What you can do now:**

- **Learn about stuttering**

In order to understand your child’s journey you can help by gaining knowledge about stuttering. Knowing the facts can help you and your child better cope with the complexities of this disorder.

- **Talk openly with your child**

Keeping the lines of communication open can serve to create an atmosphere of sharing between you and your child. Open communication allows your child to know that she can talk to you about how she feels about her stuttering.

- **Empower your child**

Through your acceptance and trust in your child, you can create opportunities for him to believe in himself. By empowering your child with the tools of problem solving, he can become confident in his own skills to deal with stuttering throughout his life.

- **Provide direction and support**

Teens who stutter continue to need their parents. However, **what** they need changes in these transitional ages. Choices about managing stuttering are theirs, and parents become sounding boards for options to consider. Your support for your

teen's choices, whether or not they would be your choices, is a key to creating an atmosphere of trust and responsibility.

- **Choose appropriate therapy**

One of the most important steps is to find appropriate therapy for your child. What does this mean to you? Seek a speech pathologist who specializes in the treatment of stuttering. Educate yourself so you can partner with a therapist, be a part of the therapy process and understand the complexities of stuttering. The American Speech-Language and Hearing Association (ASHA) provides the NSA a list of recognized speech pathologists who specialize in stuttering.

- **Accept your child's stuttering**

As parents, you know that your love and acceptance for your child is unconditional, whether or not he stutters. Through your acceptance of the way in which your child handles stuttering during these transitional times, you are providing an atmosphere that helps support him in this phase of life. Denial and avoidance give power to the stuttering. Acceptance and interaction are productive and positive.

- **Release ownership**

Your teen is responsible for her own speech. As she becomes a young adult, she needs to feel this responsibility and know that she has your support and encouragement.

- **Be prepared for unexpected changes**

Change is never easy but it is inevitable. As your child moves through adolescence, you will find that focus and motivation to change stuttering may become either heightened or decreased. Know that the ebb and flow of these changes, although surprising, are a normal part of dealing with stuttering in the teen years. View these challenges as opportunities. Embrace these times, as they create possibilities for you and your child to grow together.

- **Give yourself a break**

As you, your child, and your family continue to cope with the complex nature of stuttering, understand that change takes time. Give yourself and your teen permission to take small and varied steps along the way.

- **Get connected**

The National Stuttering Association (NSA) is dedicated to providing hope, empowerment, and support for you and your child. Speech therapy is not the answer for everyone. Through

our connection network, you can become a part of a community of families and young people just like yourselves throughout the United States. The greatest gift that you can give yourself and your child is the knowledge that you are not alone and that the future is bright!

We hope this information is helpful to you. Remember, the NSA is your partner in support of your child. Please turn this sheet over to discover what else the NSA can do for your family.

We at the NSA are happy to bring to you the “Top Ten” list that you just read. The National Stuttering Association has become the largest self-help stuttering organization in the world because it works for children and families like yours. NSA, with over 15 benefits to its members, helps the stuttering world in very important ways.

Here are the on going resources the NSA can provide you as you choose to become a member of the National Stuttering Association:

- There are new developments in stuttering therapy happening all the time. NSA communicates this information to its members quickly so they can take advantage. But NSA does more. Because NSA has a Professional Relations Committee of noted speech-language pathologists and medical professionals, those professionals specializing in the field of stuttering screen information communicated to members for accuracy.
- NSA provides regional and national workshops that bring together families, adults who stutter, and leading experts in the field of stuttering. These NSA Youth Days provide powerful real-life experiences that serve to increase your child’s confidence and communications skills.
- We are the world’s largest group of people who stutter. The situations your child faces have been faced by NSA members hundreds and maybe thousands of times. We have a core of experiences that nobody can match. NSA members and their families share their experiences and are excellent role models for your child.
- With thousands of members, NSA knows about the stress and how lonely a child who stutters often feels. NSA provides special newsletter for both children and teens who stutter. These publications support NSA’s theme: “You are not alone!”

*NSA’s membership costs only \$35.00 per year. That is only \$3.00 per month...and that covers less than half the cost of providing benefits to its*

*members. **Join the NSA family today!** We welcome you and your child because there is so much that can be done.*

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