

Stuttering Resources

Strategies that helped me in the long term

- Pull-Out
- Cancellation
- Preparatory Set
- Pausing & Phrasing
- Light Contact
- Easy Start
- Voluntary stuttering

Stuttering Therapy Resources <https://stutteringtherapyresources.com/>

This website is primarily for therapists; however, there are videos at [All Practical Tips Videos](#) that include “speech handling strategies”. These videos help describe and demonstrate strategies:

[resources](#)

[All Practical Tips Videos](#)

The Stuttering Foundation: [Stuttering foundation website](#)

This website includes:

- E-books, brochures, videos
- Ask the Stuttering Foundation YouTube channel
- Blog
- Magazines/Newsletters
- Request for free info
- Podcasts
- PDF versions of “6 Tips for Speaking with Someone Who Stutters”, “Sometimes I Just Stutter” and other teen-specific materials
- Video, “Stuttering: For Kids, By Kids”
- Facebook page

[Friends: The National Association of Young People Who Stutter](#)

This organization’s mission is to provide support, education, and empowerment to children and teens who stutter, their families, and clinicians.

The website includes:

- Info about their annual convention and regional one-day conference

- Monthly virtual programming for people from different age groups (kids, teens, adults, and parents). For example, 2/14, 3/13, and 4/10 are upcoming dates for virtual teen groups. There is a form that needs to be filled out to register. ([Form to register for the program](#)) Quote from a member: “We had a great January teen group! We connected by sharing where we lived, our hobbies, and our favorite movies or TV shows. Hobbies ranged from music to video games to sports and playing instruments. Many people had overlapping interests and had fun meeting others like them. We talked about communication, success, and challenges since the start of the new year and the value of taking risks and feeling proud when doing something hard. Someone shared how they challenged their fear of public speaking and were talking to his entire school about stuttering. Another person shared how she ordered what she wanted and how it felt good to say what she wanted. We talked about how stuttering can be hard at times, but that doesn’t have to stop us from communicating effectively. We could be proud of what we *did*, and celebrate that.” — *Chaya Goldstein-Schuff on facilitating the January 10 Teens Group*
- Newsletter to stay up to date on conferences, conventions, and activities
- Stuttering 101 info
- Videos: “Be Inspired! By Kids Who Stutter and Friends”
- Stories written by teens for teens

National Stuttering Association [National Stuttering Association Website](#)

This website includes:

- Printable materials (mainly brochures) to spread awareness and education on stuttering
- Information about stuttering