



# JANUARY

NSA Kids



## Resources:

StutteringHelp.org  
Westutter.org

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Like our Facebook page for pictures and more information!



National Stuttering Association: Dallas/Richardson NSA Kids Chapter

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Meetings are typically on the last Wednesday of each month at 7 PM at UTD Callier Richardson (2895 Facilities Way) on the 2nd floor!

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NSA Leaders:  
Molly Augustine  
Tabitha South  
Kristin Pustejovsky  
Linh Tran

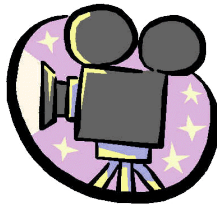
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<https://nsakidsdr.wixsite.com/dallasrichardson>

## ANNOUNCEMENT:

We have a website! It is located at <https://nsakidsdr.wixsite.com/dallasrichardson>

We will be updating it periodically with additional resources and posting the monthly newsletter on it as well!



## Theme: Movie Night

Our January meeting was all about movies. We kicked off the meeting watching a short video about stuttering made by a high school Eagle Scout who stutters. The video featured kids, teens, and adults who stutter who answered questions about stuttering. We followed up the video with a discussion about what we agreed with or disagreed about the video.

Some parent takeaways included:

- **Be patient**
- **Stuttering has zero bearing on intellect**
- **Don't say "slow down"**
- **Stuttering does not limit your potential**

Some kid takeaways included:

- **Stuttering can be hard**
- **I like to take my time and take a deep breath**

After our discussion, we played a riveting game of Headbanz, movie edition! It was parents vs. kids. Some of the movies included Star Wars, Harry Potter, and Frozen. In the end, it was officially declared as a tie.

*Stay tuned for our very own video about stuttering!*

## MOLLY SAYS...

Molly Augustine, our fabulous SLP chapter leader, shared a few tips about communicating with your child about their stutter.

These tips include:

- **Have an open conversation with your child.** Ask them what's helpful for them or what's not helpful for them.
- **Continue to have a conversation.** It's good to have **honest, open communication** with your child so that they can be open to you.

## UPCOMING MEETING

February 26th

Theme: Mindfulness