



MY STUTTERING LIFE STORY: GROWTH THROUGH SPEAKING-OUT

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GROWTH THROUGH SPEAKING: MY STUTTERING LIFE STORY:

Hi. My name is Winnifer. I am 15 years old and live in Boston, USA

I wrote this life story about my stuttering in the Spring 2019 for a presentation I gave to second-year graduate students at Northeastern University, for their fluency and fluency disorders class. My SLP, Mrs. Ramos-Heinrichs was the professor for the class.

The professor invited me to be a guest speaker and talk about my stuttering, as an exercise on self-advocacy. I advertised my stutter and educated the students about my experience with stuttering. I achieved growth in my speaking abilities and developed self confidence as a result of this presentation.

It was fun being in front of the graduate students and telling them about my stuttering experiences. Since they will be speech-therapists, I hope they found it helpful to meet a teenager who stutters. They asked me many questions. I feel more confident about speaking in public now. My favorite High School teacher, Ms. Eleni, accompanied me to the class and spoke to the students. Now I'd like to share my stuttering life story with you. Thank you.



THREE YEARS OLD IN DOMINICAN REPUBLIC

I am a super happy girl

I don't remember if I
stuttered at this age.

I don't remember any thing
bothering me this time

My family members were
kind and supportive to me.

I don't think anyone laughed
at me because of my
stuttering

My mom's side of the family
still lives in Dominican
Republic.

BABY PHOTO

I cant
remember
anything



MAYBE 2-YEARS OLD

Look at my flowwww

That's that Dominican flowww

No concerns about stuttering



SITTING ON CHAIR

Look at my Flow



3-YEARS OLD

It was a photo
shoot at the mall



7 YEARS OLD

This was a
photo shoot
with my
siblings



MY STUTTERING CHARACTERISTICS

Core Behaviors: Word Repetitions: can, can, can, can I go.

Secondary Behaviors: I tap my leg to try to push the sound out. When I cannot push the word out, I stop talking, and just smile, or look down to save face.

Emotional Reactions: Frustration with my stutter

Reactions from Parents: My mom loses her patience with me and says in Spanish: Dilo Ya (say it now!!)

Cognitive Reactions: Sometimes, I wonder if a time will come when I wont to stutter anymore



GETTING READY TO GO TO SPORTS OLYMPIAD FOR MY AFTER SCHOOL PROGRAM (11 YEARS-OLD)

At Sports Olympiad, we played sports such as running, playing football toss, tug of war, basketball, soccer, and potato sack. I'm good at sports and gained respect from my peers.

We also did academic stuff like math and geography. I'm very good with academic work too.

And also we played tabletop games: Words with friends.

I was stuttering a lot back then, but I didn't care too much. I don't know why. No one made fun of me. I enjoyed going as you can see in my picture. The other kids liked to play with me.

GRADUATION!!!!!!!!!!!!!!

THESE ARE MY MAIN GROUP OF FRIENDS

WE GRADUATED ALL TOGETHER (YAYYY!) FROM A 2-WAY BILINGUAL MIDDLE SCHOOL IN BOSTON.

THE BEST PART OF THE GRADUATION WAS WHEN WE SANG PERFECT BY ED SHEERAN AND YO TE EXTRAÑARE BY TRES CIELOS AND EVERYTIME I HEAR THOSE SONG I WILL START TEARING UP CAUSE I MISS ALL MY GANG.

MY STUTTERING WAS BETTER THAN PREVIOUS YEARS, BUT I DON'T KNOW. TALKING TO MY FRIENDS AND TEACHERS WAS FUN.



FUN SUMMER 2018

I WAS 14 YEARS OLD

MY BSF HIT ME UP (HMU) AND ASKED IF I WANTED TO GO TO THE BEACH AND I SAID YES SO WE WENT FROM ROSINDALE TO REVERE BEACH AND IT WAS LIKE 10 PM AND WE GOT HOME AT LIKE ALMOST 1 AM.

MY MOM IS VERY EASYGOING AND TRUSTING OF ME.

I WAS NERVOUS ABOUT STARTING HIGH SCHOOL IN THE FALL

I WAS WORKING ON MYSELF – NOT ON WHAT OTHERS THOUGHT ABOUT ME.

I DIN'T CARE IF PEOPLE DIDN'T LIKE ME BECAUSE OF MY STUTTER. I THOUGHT THAT WAS THEIR PROBLEM NOT MINE.



FEELINGS AND ATTITUDES ABOUT MY SPEECH



- ❖ My mom worries about my speech
- ❖ She advises me whenever I stutter to think about what you're going to say before you say it and it helps me
- ❖ I do not stutter. I want to speak better.
- ❖ Sometimes people finish words for me, like my friends
- ❖ Sometimes my words don't come easily and sometimes they do. I get annoyed, but oh, well. Who cares?
- ❖ I love, love, loveeeee to talkkkkk.
- ❖ I would be great in the school debate team at my school because I love to argue but I wouldn't join the team, not because of my stutter, but because I might not enjoy the topic and it depends on how I'm feeling to talk in public.
- ❖ I used to help my old speech therapist at the Hernandez K-8, at my school, with the little kids who stutter. That made me feel helpful that I was supporting them with their stuttering. I felt empowered.

FAMILY HISTORY

I've been stuttering since I was in 3rd grade, the longest I remember.

I think my dad stutters, his sister and brothers stutter too.

But no one on my mom side stutters.

When I hear them stuttering, I feel like “wow, I’m just like them”.



MY QUINCENERA!!!!!!!!!!!! (15TH BIRTHDAY)



- ❖ On April 27, I will have a Quinceñera and this will be my dress
- ❖ It is not going to be a very big party. its just for family and friends
- ❖ It is a Dominican tradition -I will arrive at the Quinceñera with flats and after a while my dad will take off my flats and put on my heels. Then I will dance with my dad, mom and friends.
- ❖ I will wear a crown. This symbolizes the beginning of womanhood and responsibility.
- ❖ My older cousin is preparing me a video of my life since I was a baby to now. It will be shown at the party
- ❖ I'm not worried about my stuttering for my quince because I wont have to give a speech in front of everyone. I will smile a lot.
- ❖ Since I'm not worried about my speech, I am planning to have the best time of life out here.

SPECIAL GUESTS AT MY 15TH PARTY

My favorite High School teacher, Eleni, and my SLP, Lourdes, attended my Quinceañera celebration.

With so much excitement, I found speaking a bit challenging, so I smiled and danced the whole night. I had a great time.



CANCELLATION: MY BEST STUTTERING MODIFICATION TECHNIQUE

WHEN I STUTTER AND I GET STUCK, I DO THE FOLLOWING:

- ❖ STOP TALKING BRIEFLY
- ❖ BREATH
- ❖ I THINK ABOUT WHAT I WANT TO SAY
- ❖ THEN I SAY IT WITH AN EASY ONSET.
- ❖ THIS TECHNIQUE HELPS ME ABOUT 90% OF THE TIME NOW. AT THE BEGINNING OF THE YEAR, THIS TECHNIQUE HELPED ME 50%.



HIGH SCHOOL 9TH GRADE, 2018-2019

I THINK I FEEL GOOD HERE IN HIGH SCHOOL BECAUSE I HAVE MET MANY NEW PEOPLE AND I'M GETTING USED TO THE NEW ENVIRONMENT.

ALSO MY NEW TEACHERS ARE OKAY. SOME ARE VERY SUPPORTIVE AND HELPFUL.

CERTAIN THINGS THAT ANNOY ME, I JUST BRUSH THEM OFF.

MY SPEECH IS BETTER THAN IT WAS LAST YEAR AND I REALLY FEEL LIKE I AM IMPROVING

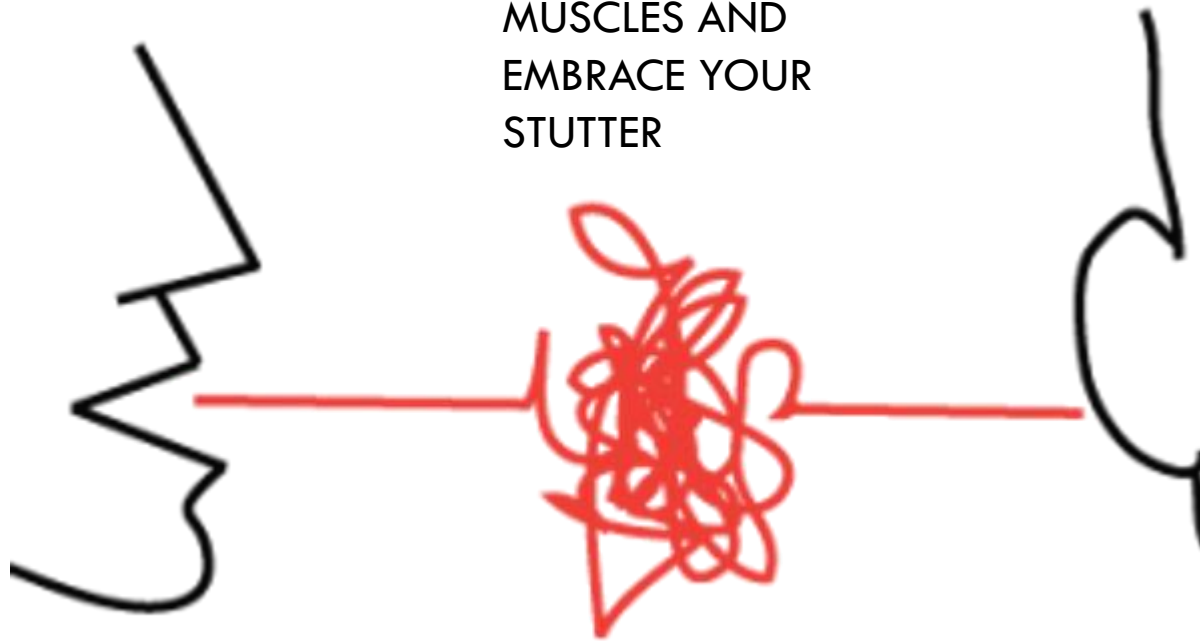
LIKE WOAHHH *HITS THE WOAHH*



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THIS YEAR IN SPEECH THERAPY I IMPROVED MY COMMUNICATION AND SPEAKING SKILLS

RELAX THE SPEECH
MUSCLES AND
EMBRACE YOUR
STUTTER



I LEARNED THAT THERE IS AN EASIER WAY TO SPEAK

TAKING FULL BREATHS TO
SUPPORT MY SPEECH.

BREATHING AND SPEAKING
TOGETHER.

REGULATING MY BREATH.

TALKING IN BREATH GROUPS

PAUSING OFTEN

STRETCHING MY WORD ONSETS

USING LOOSE ARTICULATORY
CONTACTS ON CONSONANTS

TALKING IN SHORT SENTENCES

ADVERTISING THAT I STUTTER

ADVOCATING FOR MYSELF AND
OTHERS WHO STUTTER
THROUGH TEACHING AND
PUBLIC SPEAKING

FACING MY FEARS: GROWTH THROUGH SPEAKING-OUT

In the Spring 2019, Mrs. Ramos-Heinrichs, my SLP and professor for the class, invited me to share my stuttering story with her Northeastern graduate students.

The class was large, 45-graduate students learning about stuttering. I was very nervous but they made feel comfortable. They listened carefully and asked me many questions.

At the end, they all cheered for me. I felt confident and encouraged at the end of my talk.



Teaching others about stuttering is part of my self-advocacy efforts.

THANKS TO ELENI, MY 9TH GRADE HOME TEACHER

She's one of my favorite teachers.

She's funny and engaging.

I'm passing her class very well.

I'm in her English honors class.

She's also my crew leader. I love her smile

And I'm thankful that she was there supporting me at Northeastern University. I gave this presentation to 2nd year graduate students in the speech pathology department. The class was Fluency and Fluency Disorders taught by Mrs. Ramos-Heinrichs



MY ADVICE TO OTHER TEENS WHO STUTTER IS TO:

Relate well with your teachers and tell them that you stutter. Many will be very supportive.

Go to your speech therapy sessions and do all the fluency practices.

Get involved in all the extra curriculum activities that you can. Speak out!!

Make a lot of friends at school. You need lots of supportive people in your life.



Growth Through Speaking and Connecting with Others

THANK YOU PUTTING UP WITH MY GOOFINESS



ANY QUESTIONS OR COMMENTS?

IF YOU MIGHT HAVE A QUESTION, I JUST MIGHT HAVE AN ANSWER.

