

# Newsletter

December 2018

All For Kids Pediatric Therapy Clinic

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## Fluency or Freedom?

As parents, we want the best for our children, better than what we had. We teach them humility, tolerance, acceptance, a hard work ethic, and how to be a good human being overall. When our children are said to have "deficits" and "delays," this drive for our children to be successful contributors to society becomes even stronger. But when do we begin to define "successful?"

Children who grow into adulthood with a stutter make up about 1% of the United States' population, or about 3 million Americans. Many of these children were taken to speech therapy by their parents with hopes of learning modification and shaping tools, strategies, and tricks to seem more fluent. Some of these children grow up believing that their differences in producing speech are viewed negatively, and therefore, they must hide it. Fluency is sought, idealized, and viewed as the standard, not only by individuals but by young stutters as well.

But something is happening. Teens and young adults are changing and challenging this trend. Fluency is no longer chased. Instead, freedom is sought. This "freedom" is defined as freedom to speak, be heard, and effectively communicate. Current research trends lead us to believe that the once magical ideal of being fluent is lackluster and is no longer sought as vigorously as before. Now, people who stutter are shouting, "Hear me and what I have to say, not how I say it!"

The growing Neurodiversity Movement, which was initially centered around people with Autism and ADHD, states that neurological differences, including stuttering, are normal human differences. People who stutter seek to be accepted as they are.

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Many popular and successful stuttering treatment approaches are embracing this idea, empowering people who stutter to embrace their identity as a person who stutters.

For some, increased fluency comes as a side effect to a new found pride in one's self. Treatment such as Avoidance Reduction Therapy and Acceptance and Commitment Therapy are the forerunners of teaching people who stutter that it is "okay" to stutter. Support groups and programs are emerging through the National Stuttering Association and The Stuttering Foundation provides continuing education information and other materials to increase knowledge of others regarding stuttering. "Stutter" is no longer a curse word.

This summer, I was blessed to have the opportunity to travel three separate times for continuing education classes, all three for stuttering. At the National Stuttering Association Conference, I was in awe of the number of people who were there, all coming together for one similar purpose—to live their best lives. It seemed as if they had no fear. Despite being there with a friend who did not stutter, I felt alone and as if I did not belong. Was I allowed to be a part of these lives that were changing in front of me? Would I be welcomed into these lives after the conference was finished? But they did welcome me, shared their stories with me, and taught me more than two days being seated in a class probably could. In short, it was a magical experience. I cannot wait to go back next year and see all of these amazing people again.

So which should be sought? Fluency, so we can share our thoughts, ideas, and lives with others without interruption and embarrassment? Or freedom of care, fear, and worry? Freedom to share our stories and our lives with others, speak our minds, and live. Communication is the most powerful tool we can possess in this life. If we fear it, are we really living?

~Lindsey Kennedy CCC-SLP



## Snow Cream Recipe

Growing up in the South, snow was scarce, and when it came, we made sure to enjoy every bit of it before it melted! My favorite thing to do with snow when I was a kid was making "Snow Cream". This is a very easy activity and requires only 5 ingredients, one of them being abundantly accessible during the winter months in Anchorage!

- ❄ 1 cup milk (any kind)
- ❄ 1/3 cup granulated sugar
- ❄ 1 tsp. vanilla extract
- ❄ 1 pinch salt
- ❄ 8 cups clean snow or shaved ice (more or less depending on the density of the snow)
- ❄ Optional (but strongly suggested) topping: sprinkles!

Make sure to enjoy it right after you make it because it melts really fast!



~Lindsey Kennedy CCC-SLP





# Welcoming New Faces

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AFK  
BUNN



Hannah Iverson, PT,  
from Alaska!



Chynna Kimball, PTA,  
from Idaho!



Lacy Barkel, PTA,  
from Alaska!

## Keeping up with AFK!

- ❄️ AFK celebrated its 13-year anniversary in September!
- ❄️ Kiley got married in November!
- ❄️ Kenzie is expecting a baby girl in March!

## We Love Squigz!

We asked our therapists which toy they enjoyed most for therapy, and they said Squigz! Not only are they fun to throw and stick to things, they are also great for gross motor play, creating patterns, hand strengthening, and working on hand eye coordination. So, if you are still searching for the perfect Christmas gift, consider getting a bucket of Squigz!



## KOOL-AID PLAY DOUGH

Playdough can be used to increase language skills. Kool-Aid playdough incorporates all of the senses. You can talk about how it smells (cherry, lemon, etc.), what it looks like (color, shapes, etc.), how it feels (soft, squishy, etc.), what sounds you can make with it by pounding it and rolling it, and they may not be able to resist tasting it. But it is better than eating store-bought playdough. You can keep playdough tools (rolling pin, dull knife, blunt scissors, cookie cutters, etc.) in a closed container to set up the environment for your child to use language (words, signs, PECS, etc.) to communicate requests, comments, and questions. Playdough also provides opportunities for social interaction and turn-taking.

In addition to Kool-Aid playdough providing sensory input such as the smell and smooth texture, it can be used for hand strengthening by rolling it, pinching it, and doing "heavy work" with the hands by pulling it and squeezing it. It can also be used to improve fine motor skills such as cutting and writing letters in it with a pointy tool.

Kool-Aid playdough is a great activity to do with your child. Make it together, and have fun playing!

- ❄️ 2 1/2 cups flour
- ❄️ 1/2 cup salt
- ❄️ 2 packages unsweetened Kool-Aid
- ❄️ 3 tbsp. oil
- ❄️ 2 cups boiling water

Mix dry ingredients. Add boiling water and oil. Stir quickly and mix well. When cool, mix with hands. Store in an airtight container.



-Vonda Kay Goodman CCC-SLP





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*"every milestone for every child matters"*

Google



YAHOO!

Please leave us a review!



**Back row:** Leah, Jen, Jane, Laura, Lindsey, Christine

**Third row:** Chynna, Kenzie, Katie, Candice, Tracey, Karen, Emily, Hannah, Melissa, Kirsten

**Second row:** Jessica, Sara, Marie, Vonda Kay, Lauren

**First row:** Renee, Janelle, Kiley, Erin, Erika, Lacy, Amy

