

Dear Coach,

I am so excited to be on your team! But there is something I want to tell you. I have apraxia...and here's what that means:

- Apraxia is short for Childhood Apraxia of Speech (CAS)
- Apraxia is a motor speech disorder that makes it difficult for me to talk
- I can understand what you say as well as the other kids on my team, and I know what I WANT to say, but apraxia makes it hard for me to plan the mouth movements that are necessary for me to talk
- Apraxia is kind of like this: my brain says 'speak' but my mouth doesn't respond
- I am in speech therapy to help me fight for my voice, so please be patient with me
- Please don't think any less of me because I don't talk like the other kids
- I want to be here, I want to participate, and I want to be included
- Here are a few things you can do to help me fit in and have fun:
 - Be patient, understanding, and kind (and encourage my teammates to do the same)
 - Help me make friends on the team
 - Don't pressure me to talk
 - Ask me yes/no questions so I can nod or shake my head
 - When I do talk, please know that my words may not be produced accurately
 - Don't correct my speech...I am doing the best that I can
 - If you have any questions, please ask my family

Thank you! And GO TEAM!

