

Top tips for adults working with children with selective mutism

Talk to the child about their talking

"I know talking is tricky for you sometimes"

Focus on the child feeling comfortable and joining in

Accept all forms of communication

A key adult should spend time building rapport with the child

Make sure everyone around the child understands their selective mutism

Remember to respond normally if the child does speak

Selective mutism is an anxiety disorder, not a choice.



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