



October is **Selective Mutism** Awareness Month

Selective Mutism, sometimes called Situational Mutism, is an anxiety-based mental health disorder which usually commences in early childhood. Those with SM speak fluently in some situations but remain consistently silent in others. They may have a blank expression, or appear 'frozen' when expected to speak.

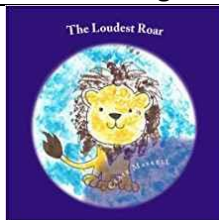
With early intervention the prognosis for recovery is good, but in some cases it may persist and last right through a child's school life and sometimes even into adulthood. It is important to understand that those with SM want to speak, but find themselves physically unable to do so due to their anxiety.

Source: [SMiRA website](https://www.smiraprofessionals.co.uk/)

Hello! As a mum of a child with SM, I would like to share this very brief selection of some relevant information, resources and books on Selective Mutism (SM), for anyone with an affected child in their lives or wishing to know more about SM:

Children and Adult Books

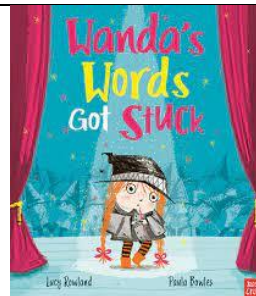
The following two are picture books:



The Loudest Roar
Clair Maskell, 2017

Angus has a fantastic roar. It is so loud, it gives his Dad a headache! But his roar doesn't always work, leaving

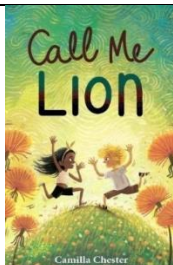
Angus feeling sad, angry and alone. This book describes what it can be feel like to have Selective Mutism and how even though you cannot express things in words, you can still do amazing things.



Wanda's Words Got Stuck
Lucy Rowland, Paula Bowles

A magic-filled rhyming picture book, perfect for any child who feels anxious about talking. ... (A) heart-warming adventure about finding confidence through friendship, (...) especially (for)

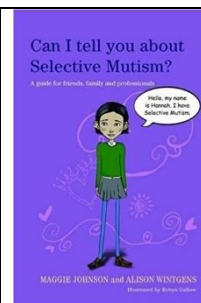
those who have difficulties with speech, anxiety about talking, or lack confidence in front of others.



Call Me Lion
Camilla Chester 2022

Ten-year-old Leo dreams of performing in the West End. His love of dancing is getting him through the Luton heatwave, but his selective mutism is putting his spot in the end-of-summer dance show on the line. When chatty Richa moves in next door, Leo

finds it easy to bond with her. She talks enough for the both of them... at least to begin with. But when he learns her secret it's clear that Richa needs Leo's support as much as he needs hers. With Richa's help, will Leo be able to follow his dreams? Or will Leo's inability to talk cost him their friendship? A heart-warming story of courage and determination in the face of adversity



Can I Tell You About Selective Mutism?

Maggie Johnson & Alison Wintgens, 2012
Jessica Kingsley Publications

A great inexpensive 'starter' book for anyone new to selective mutism. Royalties to SMiRA.

Short documentaries:

- **I have a phobia of talking** - BBC News: https://youtu.be/eJK_zGyC2bg?si=II2T7Z8jjNK6lkfh&t=479
- **Raising A Child With Selective Mutism:** <https://youtu.be/gONZsyo9Rdk>
- **Chatty 6-Year-Old Goes Mute When At School:**
mins 11:04 to 15:45: <https://youtu.be/Sef4tMdgcpQ?t=664>
mins 22:44 to 28:28: <https://youtu.be/Sef4tMdgcpQ?t=1367>
mins 37:38 to 41:28: <https://youtu.be/Sef4tMdgcpQ?t=2259>
- **Help me to speak** (4 parts documentary):
Part 1/4: <https://youtu.be/gn3CIGSsyK0?si=wN7sC2ngx2tXxaO>
Part 2/4: <https://youtu.be/SNPYXOPJonQ?si=EddNP89H83Vik5y2>
Part 3/4: <https://youtu.be/yPIEgeZiWDo?si=XrX4jE5bYB52IhUZ>
Part 4/4: <https://youtu.be/QgFKuBCKhUw?si=WMLU9cs8ghfbM5pu>

SM Information and support:

- **SMIRA** (Selective Mutism Information & Research Association)
<http://www.selectivemutism.org.uk/>
Information and resources on SM for parents, professionals, and anyone interested in SM
- **NHS** guidelines on Selective Mutism
[NHS Selective Mutism](#)

Online support groups

- **SMIRA Selective Mutism Information & Research Organisation:**
<https://www.facebook.com/groups/SMIRASelectiveMutism/>
- **Parents of Children with Selective Mutism:** <https://www.facebook.com/groups/parentsofsm/>

Contact

Whether your child has (or you think they may have) SM, this mum would love to hear from you! If you would like to get in touch, you can ask for my details from Ivy Lane Reception or SENCO.

