

SELECTIVE MUTISM AND CHILDHOOD ANXIETY RESOURCES

Where a library code is listed, that item is available to borrow from:
VOCPRI FAMILY RESOURCE CENTRE
CHILD & PARENT RESOURCE INSTITUTE (CPRI)
600 Sanatorium Road, London, ON N6H 3W7
(519) 858-2774

RESOURCES ON SELECTIVE MUTISM FOR PARENTS:

*This handout is updated periodically at www.cpri.ca, click on Programs, Selective Mutism

Dr. Jeff St. Pierre's 90 minute webinar talk and slide handouts describing parent-teacher strategies to support children with severe social speaking anxiety can be accessed here: <http://www.cpri.ca/families/programs-services/selective-mutism/recommended-resources/>

Resources are also found at this site:

<https://www.selectivemutism.org/learn/recommended-reading-list/recommended-reading-for-teachers-and-schools/>

We recommend for school-parent teams this treatment manual:

Selective Mutism: An Assessment and Intervention Guide for Therapists, Educators and Parents. Aimee Kotrba, PESI Publishing, 2015. RJ499.123 2015 Reference only

What is selective mutism? <http://www.anxietybc.com/parenting/selective-mutism>

My Anxiety Plan for Selective Mutism:

<http://www.anxietybc.com/parenting/my-anxiety-plan-selective-mutism>

Treatment resources:

Helping your child with selective mutism / Angela McHolm, Charles Cunningham, Melanie Vanier, New Harbinger Publications, 2005. RJ506.M87M34 2005 PAR FRC

The selective mutism summer vacation and back-to-school guide / Elisa Shipon-Blum, 2013.
The ideal classroom setting for the selectively mute child: A guide for parents, teachers and treating professionals / Dr. Elisa Shipon-Blum, Childhood Anxiety Network, Inc., 2001. RJ506.M87B58 2001 PAR FRC

Easing school jitters for the selectively mute child / Elisa Shipon-Blum, Childhood Anxiety Network Inc., 2003. RJ506.M87.S45 2003 CHILD FRC

Selective Mutism and Social Anxiety Disorder [audio CD presentation and PDF handouts] / Elisa Shipon-Blum, 2007

<http://www.afasiccymru.org.uk/download/training/Selective%20Mutism%20-%20sliding-in%20technique%20procedure.pdf>

- This describes the Speech Generation and Stimulus Fading approach to treatment in detailed small steps for school staff to use (from Johnson and Wintgens).

The selective mutism resource manual / Maggie Johnson, Alison Wintgens, Speechmark Publishing Ltd, 2001. RJ506.M87J64 2001 Reference only.

The Selective Mutism Treatment Guide: Manuals for Parents, Teachers, and Therapists: Still Waters Run Deep / Ruth Perednik, Oaklands, 2012.

Treatment for Children with Selective Mutism: An Integrative Behavioral Approach / R.Lindsey Bergman, Oxford University Press, 2013.

Helping Children with Selective Mutism and Their Parents: A Guide for School-Based Professionals / Christopher Kearney, Oxford University Press, 2010.

The silence within: A teacher-parent guide to helping selectively mute and shy children / Gail Goetz Kervatt, 1999. RJ506 M87K54 1999 PAR FRC
Supplement to "The silence within" / Gail Goetze Kervatt, Selective Mutism Anxiety Research and Treatment Center, 2004. RJ506.M87K5 2004 REF FRC2

Tackling Selective Mutism: A guide for professionals and parents / (Eds) Benita Rae Smith & Alice Sluckin, 2015. RJ506 M87T33 REF FRC

BOOKS ON SELECTIVE MUTISM FOR CHILDREN:

For younger children:

Leo's words disappeared/ Elaheh Bos, Plant Love Grow, 2014.

Leo's words disappeared and came back! - Activity Book/ Elaheh Bos, Plant Love Grow, 2014.
(with reward chart downloads at www.plantlovegrow.com, click on free tools)

Lola's words disappeared/ Elaheh Bos, Plant Love Grow, 2013.

Lola's words disappeared and came back! - Activity Book/ Elaheh Bos, Plant Love Grow, 2013.

Maya's Voice/Wen-Wen Cheng, 2013.

Understanding Katie: "a day in the life of ..." - Book One / Elisa Shipon-Blum, Childhood Anxiety Network, Inc., 2001. RJ506 M87B58 2001 CHILD FRC

Supplement treatment guide to "Understanding Katie" / Elisa Shipon-Blum, Selective Mutism Anxiety Research and Treatment Center 2004. RJ 506.M87B58 2004 REF FRC

My Friend Daniel Doesn't Talk / Sharon Longo, Speechmark Publishing Ltd, 2006.
PZ7.M2776 2006 ANX PAR

Cat's got your tongue?: A story for children afraid to speak / Charles E. Schaefer, Magination Press, 1992. PZ7 S3316Ca 1992 CHILD FRC

Charli's Choices / Marian B. Moldan, Archway Publishing, 2014.

Willow's Whispers / Lana Button, Kids Can Press 2014

For older children:

Can I Tell You about Selective Mutism? / Maggie Johnson, Alison Wintgens, Jessica Kinglsey Publishers, 2012

Sophie's Story. A guide to selective mutism / Vera Joffe, 2007.

Unspoken Words. A child's view of selective mutism / Elisa Shipon-Blum, 2013.

a lovely novel:

The secret voice of Gina Zhang / Dori Jones Yang, Middleton, Wisconsin, Pleasant Company Publications, c2000. PZ7 Y1933.Se 2000 - TEEN - FRC

SUGGESTED INTERNET SITES FOR SELECTIVE MUTISM:

www.selectivemutism.org

The Selective Mutism Association has a **Facebook page** to connect with other parents, they publish a monthly newsletter, and have an online library, links, and books to purchase.

The wonderful website from anxietybc has many treatment resources.

<http://www.anxietybc.com/parenting/my-anxiety-plan-selective-mutism>

<http://selectivemutismlearning.org/>

Selective Mutism Learning University is the free video based web course designed by the Selective Mutism team at Kurtz Psychology Consulting PC to equip teachers, therapists and professionals with the skills used in Parent-Child Interaction Therapy.

<http://www.childmind.org/en/topics/selective-mutism-workshop-videos?page=1> U.S. clinic

<http://www.cheo.on.ca/uploads/Selective%20Mutism/Selective%20Mutism%20ENG.pdf>

A good general introduction handout on Selective Mutism.

<http://www.todaysparent.com/kids/preschool/what-to-do-when-your-child-wont-speak/> A family's personal experience of getting services for their child with selective mutism.

www.selectivemutismfoundation.org - An ethical, non-profit, public service organization.

<http://www.theselectivelysilentchild.com/> – Parent-initiated Canadian site.

Videos:

Understanding/Managing SM – how to warm up using attending skills, and fade in a new person

<https://youtu.be/tAkIXpykB5U> ***highly recommended for extended family/friends to watch**

https://youtu.be/1rvjeHSCG_0 Very brief introduction to SM

Help me to Speak – Four part BBC documentary – interviews families in depth.

<https://youtu.be/gn3CIGSsyK0>

Dr. Annie Simpson's in depth lecture on SM

<http://www.anxietybc.com/resources/video/selective-mutism-giving-kids-voice-dr-annie-simpson>

SUGGESTED INTERNET SITES ON ANXIETY:

<http://www.anxietybc.com> – Detailed review of anxiety disorders. Child and teen friendly learning. Handouts for adults interested in do-it-yourself Cognitive Behaviour Therapy (CBT) or how to begin CBT with a child who wants to learn to face their fears. **** highly recommended**

<http://www.earlyyears.friendsparentprogram.com/> (parents of 4-7 year olds)

<http://www.child-youth.friendsparentprogram.com/> (parents of school aged kids)

These wonderful BC online parenting programs focus on the many skills we can teach children who experience anxiety.

www.nhw.nhs.uk/pic/selfhelp - Self-help booklets on many mental health concerns including social anxiety

<http://www.cpa.ca/psychologyfactsheets> - Canadian Psychological Association fact sheets on social anxiety and available treatments

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx The American Academy of Child and Adolescent Psychiatry: Anxiety Disorder Resource Centre has many links on treatment evidence

www.socialphobia.org - focused on social anxiety

<http://www.moodjuice.scot.nhs.uk/shynesssocialphobia.asp> CBT for adults with social fears

www.anxietycanada.ca – Canadian supports

CBT Worksheets for therapists to use

<http://www.get.gg/freedownloads2.htm>

<http://psychology.tools/download-therapy-worksheets.html>

There are many child reward chart websites and phone apps:

MP3 [audio recordings](#) of relaxation & mindfulness exercises

<http://mindfulwaythroughanxietybook.com/exercises/>

Phone Apps

Apps that let children play with making fun voice recordings:

Voice Changer(s) – many apps for all phone types

Blah Blah Blah

Talking Pierre the Parrot, Talking Tom

Squeak My Voice

Cognitive Behaviour Therapy apps:

MindShift from www.anxietybc.com

<https://www.stopbreathethink.com/kids/> (Android, Apple and web based meditation program)

www.calm.com

Booster Buddy

Smiling Mind

Moving Forward

CBT Referee

Relax2breathe

Mood Kit

Sleeping tips, using CBT

CBT Diary Card

Behavioral Experiments

BOOKS ON CHILDHOOD ANXIETY DISORDERS FOR PARENTS AND TEACHERS:

Keys to parenting your anxious child (3rd ed) / Katharina Manassis, Barron's, 2015.

BF723 A5M36 2008 PAR FRC

Helping your anxious child: A step-by-step guide for parents (2nd ed.) / Ronald Rapee et al.,

New Harbinger Pub., 2008. BF723 A5H46 2008 PAR FRC

Quiet at School: an Educators Guide to Shy Children / Robert J Coplan & Kathleen Moritz, Teachers College Press, 2016. Teacher strategies to support shy children.

Scared & worried: A guide for kids / James Crist, Free Spirit Pub., 2004. BF575.F2 C75 2004 FRC CHILD 3

The scared child: Helping kids overcome traumatic events / Barbara Brooks, Paula M. Siegel, Wiley, 1996 RJ506 P55B76 1996 PAR FRC

Seven steps to help your child worry less: A family guide for relieving worries and fears / Sam Goldstein, Kristy S. Hagar, Robert Brooks, Specialty Press, 2002. BF723 W67G65 2002 PAR FRC

Your anxious child: Raising a healthy child in a frightening world / Mary Ann Shaw, Cairo Publishing Group, 1995. BF723 A5S43 1995 PAR FRC

Your anxious child: How parents and teachers can relieve anxiety in children / John S. Dacey, Lisa B. Fiore, Jossey-Bass, 2000. BF723 A5D33 2000 PAR FRC

The worried child: Recognizing anxiety in children and helping them heal / Paul Foxman, Alameda, Calif, Hunter House Publishers, 2004. BF723 A5D33 2000 PAR FRC

Overcoming shyness and social phobia: A step-by-step guide / Ronald M. Rapee, Lanham, Toronto, Rowman & Littlefield, 1998. BF575 - .B3R36 - 1998 - PAR - FRC

The hidden face of shyness: Understanding and overcoming social anxiety / Franklin Schneier, Lawrence Welkowitz, New York, Avon Books, 1996. BF575 - .A6S34 - 1996 - PAR - FRC

Exploring feelings: Cognitive behavior therapy to manage anxiety / Tony Attwood, Arlington, Tex, Future Horizons, 2004. RJ - 506 - .A58 - 2004 - PAR - FRC

Helping your anxious child: An effective treatment for childhood fears / David Lewis, London, Methuen, 1988. RJ506 - .A58 - 2002 - PAR - FRC

Think good, feel good: A cognitive behaviour therapy workbook for children and young people / Paul Stallard, Chicester, Eng.; Hoboken, NJ.; Toronto, ON: John Wiley and Sons, 2002. RJ-505-.B4S72-2002-REF/MONO-FRC/LIB

Self-Help for Older Teens and Adults:

10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life by Kevin L. Gyoerkoe, Pamela S. Wiegartz;

10 Simple Solutions to Shyness: How to Overcome Shyness, Social Anxiety, and Fear of Public Speaking by Martin Anthony.

Understanding social anxiety disorder [Video] / SmithKline Beecham, 1999. HM 291 - .L358 - 1999 - FRC - Video

BOOKS ON CHILDHOOD ANXIETY DISORDERS FOR CHILDREN:

A Spot of Blue/ Elaheh Bos, Plant Love Grow, 2013.

Milo, the brave! I am ready for school! / Elaheh Bos, Plant Love Grow, 2013.

Too Shy for Show –and- Tell/ Beth Bracken, Picture Window Books, 2012.

Wilma Jean the Worry Machine/ Julia Cook, National Center for Youth Issues, 2012.

Separation Anxiety:

When Fuzzy was afraid of losing his mother / Inger Maier, Magination Press, 2005. PZ7M27757 Fu2005 CHILD FRC

I am NOT going to school today! / Robie Harris, Margaret K, McElderry Books, 2003. PZ7 H24Iam 2003 CHILD FRC

Into the great forest: A story for children away from home for the first time / Irene Wineman Marcus, Paul Marcus, Magination Press, 2000. PZ7. M37In 2000 CHILD FRC4

Mommy, don't go / Elizabeth Crary, Parenting Press, 1996. HQ755.85 C73 1996 CHILD FRC

Social Anxiety and other Fears:

The Scaredy Squirrel book series from Kids Can Press is highly recommended (In CPRI and public library)

Alvin Ho Series/ Lenore Look, Schwartz & Wade Books, 2013.

Book 1/6: Alvin Ho- Allergic to Girls, School and Other Scary Things/ Lenore Look, Schwartz & Wade Books, 2008.

Book 6/6: Alvin Ho- Allergic to the Great Wall, the Forbidden Palace, and Other Tourist Attractions, 2013.

When Lizzy was afraid of trying new things / Inger Maier, Magination Press, 2005. PZ7M27757 Fs2005 ANX FRC

When Fuzzy was afraid of big and loud things / Inger Maier, Magination Press, 2006. PZ7M27757 Fm2006 CHILD FRC

The Rabbit who wants to fall asleep / Carl-Johan Forssen Ehrlin, Crown Books, 2014.

BOOKS ON STRESS MANAGEMENT / RELAXATION FOR PARENTS:

Feeling great: Teaching children to excel at living / Terry Orlick, 3rd ed., Creative Bound, 1998. HQ769 O75 1998 PAR FRC

Quiet times: Relaxation activities for young children / Louise Binder Scott, Ideal, Denison, 1999. LB1927.25 S36 1999 PAR FRC

Relaxation: A comprehensive manual for adults, children, and children with special needs / Joseph R. Cautela, June Groden, Research Press, 1978. RA785 C38 1978 PAR FRC

Ready, set, relax: a research-based program of relaxation, learning and self-esteem for children / Jeffrey S. Allen, Roger J. Klein, Inner Coaching, 1996. BF723 S75A55 1996 PAR FRC

Ready, set, release! : music and relaxation exercises for children [audiotape] / Roger J. Klein, Jeffrey S. Allen, Inner Coaching, 1998. BF575 S75R43 1998 FRC Audio

Relaxation and success imagery [audiotape] / Roger & Nancy Klein. Inner Coaching, 1991. BF575 S75R45 1991 FRC Audio

A special place: Self-esteem and relaxation techniques for children [audiotape] / Lorrie Treleaven, Lordawn Enterprises, 1990. BF723 S3T74 1990 FRC Audio

Time out!: Problem-solving and stress management for teenagers [audiotape] / Lorrie Treleaven, Lordawn Enterprises, 1990. BF575 S75T55 1990 FRC Audio

BOOKS ON STRESS MANAGEMENT / RELAXATION FOR CHILDREN AND TEENS:

The relaxation station: Relaxation techniques for kids / Children's Hospital of Michigan. 2006. BF-723-.A5-2006-FRC-Video-DVD

A Boy and a bear: The children's relaxation book /Lori Lite, Specialty Press, 1996. PZ7 L6957Bo 1996 CHILD FRC5

Cool cats, calm kids: Relaxation and stress management for young people / Mary L. Williams, Impact Publishers, 1996. BF723 S75W55 1996 CHILD FRC

Fighting invisible tigers: A stress management guide for teens / Earl Hipp, Rev. Ed. Free Spirit, 1995. HQ796 H495 1995 TEEN FRC

Relax / Catherine O'Neill, Child's Play, 1993. BF575 S75O53 1993 CHILD FRC

Stress relief for kids: Taming your dragons/ Martha Belknap, Whole Person Assoc., 2006. LB1537 B447 2006 PAR FRC

New Canadians, with children who learn English upon school entry, can be at risk of selective mutism after they learn English. There are many supports for new Canadians and learning about Ontario schools, start here: settlement.org

Finally, although nothing to do with Selective Mutism, we have a book to recommend for parents who can speak in public but themselves are quiet by nature. We recommend: *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain. For teens who are introverts, she has *Quiet Power: The Secret Strength of Introverts*. You can find much more about introverts, which is a personality type and not a disorder, on her website <http://www.quietrev.com/> and you can watch her TED talk.