

# SELECTIVE MUTISM AND CHILDHOOD ANXIETY RESOURCES

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## RESOURCES ON SELECTIVE MUTISM (SM) FOR PARENTS:

\*This handout is updated periodically at [www.cpri.ca](http://www.cpri.ca), click on [Programs, Selective Mutism](#). Dr. Jeff St. Pierre's archived 90-minute webinar talk describing parent-teacher strategies to support children with severe social speaking anxiety can also be accessed from the same link.

Free SM starter Toolkit for teachers:

[https://www.selectivemutism.org/wp-content/uploads/2020/01/SMA\\_Educator\\_ToolKit.pdf](https://www.selectivemutism.org/wp-content/uploads/2020/01/SMA_Educator_ToolKit.pdf)

\*\*An easy to follow treatment guide, with colourful, child friendly charts and handouts:

**Overcoming Selective Mutism: The Parent's Field Guide** by Aimee Kotrba and Shari Saffer (2018).

\*\* highly recommended

## ANXIETY AND SOCIAL ISOLATION DURING THE CORONAVIRUS OUTBREAK:

For adults in the home struggling with fears about the Coronavirus or other uncertainties, this self-help treatment guide is available to download free in many languages:

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

### Parenting during the virus crisis

<https://www.psychologytoday.com/ca/blog/little-house-calls/202003/parenting-during-covid-19>

<https://www.unicef.org/coronavirus/covid-19-parenting-tips>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

### 100 activities to do when school is closed!

<https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures>

Exercise and mindful relaxation videos for young children to follow

<https://family.gonoodle.com/>

Being social and practicing Brave Talk while in isolation (Copied from this resource

- <https://bostonchildstudycenter.com/suggestions-for-youth-selective-mutism/>)

**Amidst school closures and home quarantines, it has become more difficult (but not impossible!) to support children struggling with selective mutism and/or social anxiety with their brave talking goals. With the help of technology, youth can continue to work on speaking goals through video exposures/bravery practices.**

- Schedule video sessions with preferred peers, family members, and others in your child's social network (e.g., classmates, teachers, coaches). Consider regularly scheduling video sessions to allow for repetition and bravery momentum over time.
- Send and receive audio and/or video messages with others in your child's social network. Making these recordings can happen anytime, without needing to schedule with another person, and can provide meaningful social connection. If you have a list of family members, you can roll dice to see who gets the message.

- Continue to reward your child for engagement in video exposures/bravery practices (e.g., bravery star charts, reward menus).

### Nonverbal Games for Video Sessions

- Consider using these nonverbal games for warm-up activities, along with Child-Directed Interaction (CDI) skills (reflections, labeled praises, behavior descriptions).
- Charades (<http://www.playcharades.net/> will prepopulate words for the child to act out)
- Simon Says (can add sounds gradually – “blow like the wind, sound like a cat”)
- Arts & crafts (e.g., simultaneously making paper airplanes, coloring, making origami)
- Yoga poses, Fitness challenges

### Verbal Games for Video Sessions

- Hangman
- Would You Rather - make up your own or go to this huge list of conversation starters <https://conversationstartersworld.com/would-you-rather-questions-for-kids/>
- 20 Questions; Trivia
- Show & Tell
- I Spy
- Madlibs (<https://www.squiglyplayhouse.com/WritingCorner/StoryBuilder/>)
- Surveys; Two Truths & A Lie
- Heads Up
- Pictionary

Finally, we recommend supervising your child’s online activity. When you are unable to do so, you can restrict your child’s access to stay within the app you intended. Tablets, phones and computers all offer built-in parental control options. Here is an overview of many devices:

<https://www.pandasecurity.com/mediacenter/panda-security/parental-control/>

## OTHER SM TREATMENT GUIDES:

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

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

The Selective Mutism Resource Manual 2<sup>nd</sup> edition / Maggie Johnson, Alison Wintgens, Routledge, 2017.

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

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:**

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

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

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

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

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.

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.  
(with reward chart downloads at [www.plantlovegrow.com](http://www.plantlovegrow.com), click on free tools)

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

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

### **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.

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

## SUGGESTED INTERNET SITES FOR SELECTIVE MUTISM and SOCIAL ANXIETY:

\*My anxiety plan\* - free online Cognitive Behaviour Therapy (CBT) course for families:  
<https://maps.anxietycanada.com/courses/child-map/> \*recommended

Basic treatment guides:

<https://childmind.org/guide/teachers-guide-to-selective-mutism/>

<https://childmind.org/guide/parents-guide-to-sm/>

The Selective Mutism Association has a **Facebook page** to connect with other parents:  
[www.selectivemutism.org](http://www.selectivemutism.org)

Top 10 myths about SM: <http://www.selectivemutism.org/online-library/sm-general-info/>

What is selective mutism? <https://www.anxietycanada.com/disorders/selective-mutism/>

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

### 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

Very brief introduction to SM: [https://youtu.be/1rvjeHSCG\\_0](https://youtu.be/1rvjeHSCG_0)

Help me to Speak – Four part BBC documentary – interviews families in depth:  
<https://youtu.be/gn3CIGSsyK0>

## SUGGESTED INTERNET SITES ON ANXIETY:

### Self-help treatment guides

[www.anxietycanada.com](http://www.anxietycanada.com)

<http://www.moodjuice.scot.nhs.uk/shynesssocialphobia.asp>

[www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

[www.socialphobia.org](http://www.socialphobia.org)

### Fact Sheets

Canadian Psychological Association: <http://www.cpa.ca/psychologyfactsheets>

The American Academy of Child and Adolescent Psychiatry:

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Anxiety\\_Disorder\\_Resource\\_Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx)

### Phone Apps

Voice Changer(s) – apps that play back what you say in a funny voice.

Apps to teach you Cognitive Behaviour Therapy - search terms include:

CBT, relax, breathe, anxiety – many free apps for your device. For example:

MindShift from [www.anxietycanada.com](http://www.anxietycanada.com)

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

## 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

Helping Students Overcome Social Anxiety: Skills for Academic and Social Success (SASS) / Carrie Masia Warner, Daniela Colognori, Chelsea Lynch, Guilford, 2018.

\*\* this book contains practical teacher handouts for older children

Think good, feel good: A cognitive behavioural therapy workbook for children and young people 2<sup>nd</sup> edition / Paul Stallard, Toronto, ON: Wiley, 2019 \*\* many reproducible worksheets

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

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: 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

10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life / Kevin L. Gyoerkoe, Pamela S. Wiegartz, 2006.

10 Simple Solutions to Shyness: How to Overcome Shyness, Social Anxiety, and Fear of Public Speaking / Martin Antony, 2004.

The Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear, 3<sup>rd</sup> edition / Martin Antony and Richard Swinson, New Harbinger, 2017.

You and Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life / Anne Marie Albano, Leslie Pepper, 2013 \*\* audiobook available



## PICTURE 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  
H24lam 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 by Melanie Watt from Kids Can Press is highly recommended

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety / Dawn Huebner,  
Bonnie Matthews, Magination Press, 2005

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

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

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 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

## **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