

THE SELECTIVE MUTISM WORKBOOK

FOR PARENTS AND PROFESSIONALS

Small Steps, Big Changes



**MAGGIE JOHNSON
AND JUNHUA REITMAN**

A Speechmark Book

COMPANION
TO THE
BEST-SELLING
SELECTIVE MUTISM
RESOURCE
MANUAL 2E



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The Selective Mutism Workbook for Parents and Professionals

Small Steps, Big Changes

Maggie Johnson and Junhua Reitman

Written by selective mutism expert Maggie Johnson and parent coach Junhua Reitman, the workbook includes first-hand accounts of how children can overcome SM successfully using the activities and strategies described in this book. Activities are organised around the daily routines of school and family life, and each activity is broken into a progression of small steps with appropriate strategies and an accompanying record sheet to track progress.

Activities include:

- Using the toilet at school
- Attending social gatherings
- Organising a successful playdate
- Initiating conversation
- Talking in the classroom
- Eating with peers

This workbook is essential reading for parents, professionals and anyone who is looking for a toolkit for selective mutism. It also provides a useful extension to The Selective Mutism Resource Manual, second edition, focusing on the 'how' to compliment the manual's 'what' and 'why'. Small steps really do lead to big changes but taking the first step can be the most difficult. This book helps you make that first step.

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