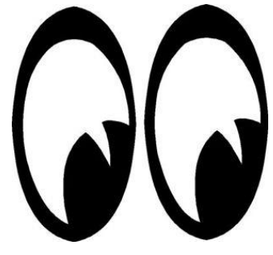
NHS
Ealing Community Partners

Speech and Language Message of the Week

Make simple comments about what the child is doing
Avoid asking the child direct questions as this may increase anxiety

E.g. "I wonder what Freddie wants to play with"

The child may find making eye contact difficult
Do not pressure the child to look at you



Never pressure the child to speak as he/she is anxious about it and not being stubborn

Tips to Help a Shy, Quiet or Anxious Talker

E.g. let the child answer the register nonverbally, by posting their name, raising an arm

Promote all means of communication, such as nodding, pointing, showing, use of pictures etc.

Take a calm approach when interacting with the child
Try to avoid drawing attention to the child's lack of talking

If you have concerns regarding a child's talking anxiety, please talk or refer to your Speech and Language Therapist.

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Ealing Community Partners

Speech and Language Message of the Week

Did you know?

You can help break the silence on Selective Mutism by displaying the poster below!

For more information, handouts and resources on Selective Mutism visit **www.selectivemutism.org.uk**

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October is...
Selective Mutism Awareness Month

Selective Mutism (SM) is an anxiety disorder.

- It prevents people from speaking in **some** situations, like school or work.
- People with SM speak freely in other situations, like at home with family.
- It is a **phobia** that can be overcome with support and understanding from others.

Be aware, help break the silence for those with SM!

Find out more at **www.selectivemutism.org.uk**

For advice & information contact us

Ealing Children's SLT Advice Line:

wlm-tr.ealing.sltadvice@nhs.net
www.facebook.com/SLTEaling
www.westlondon.nhs.uk/slt

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