CLÍNICA VIVALDI · FREE SHEET · ANXIETY

Selective mutism

Persistent inability to speak in certain social situations (e.g. school) although speaking normally in others. It's a form of anxiety, not disobedience.

COMMON SIGNS

- Talks at home but not in class
- Freezes or stays still
- Communicates with gestures

TIPS FOR YOU

1. Don't pressure them to speak
2. Gradual steps with the school's support
3. See a child psychologist

FOR FAMILY AND FRIENDS

1. Don't pressure or reward them for speaking in front of everyone
2. Work with the school to take small steps

WHEN TO ASK FOR HELP

1. If it lasts more than a month at school
2. If they stop talking at home too

TO OBSERVE AND NOTE DOWN

☐ Talks normally at home
☐ Doesn't talk at school or with strangers
☐ Communicates by gesturing or pointing
☐ Freezes when asked to speak
☐ Has been like this for more than a month
☐ It isn't because they don't know the language
☐ Seems nervous in social situations
☐ It affects them at school or with friends

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/mutismo-selectivo
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com