Guided Practice

Break a Brave Voice Step Down

Same goal... just a different path if needed.

If a given step feels too difficult, it's okay to adjust.
We can change or modify the plan to find the right fit.

Small steps make big progress.



Change/Modify the:

Task
Adjust the goal, shorten the step, or try a different version of the task.

Activity
Switch the activity, add a preferred element, or make it more predictable.

Listener
Try a different person, start with a familiar face, or reduce the number of listeners.

Environment
Choose a quieter space, reduce distractions, or change the setting (for now).

Aim for the "Just Right Challenge"

Lean into relationship and trust.

They help us work through the tough spots on the brave voice journey.

Adjust · Support · Keep Moving Forward

Beyond Silence
TREATMENT FOR SELECTIVE MUTISM

Your Brave Voice Journey Begins...

A little courage goes a long way.



You've got this!

It's okay to feel nervous.
That means you care and it's a big step!

You don't have to be perfect.
You just have to try — one small step at a time.

Your voice matters.
It's brave to use it, even in small ways.

We'll go at your pace.
You're in control, and I'm right here with you.

Every brave step counts.
You're building your voice, your confidence, and your future!

Small steps... big growth.

Guided Practice

Child Directed Interactions
(Be the Sportscaster!)

Notice ♥ Follow ♥ Encourage ♥ Build Brave Moments



The PRIDE Skills

P — Praise
Notice and celebrate what they do (even the small things!).

R — Reflect
Show you understand what they're feeling, thinking or doing.

I — Imitate
Gently copy their words, actions, or play.

D — Behavioral Descriptions
Describe what you see and hear (keep it real and positive).

E — Enjoy
Have fun together! Your enjoyment matters.

Real connection fuels brave voices.

Guided Practice

Verbally Directed Interactions

Ask questions in a specific way that empowers brave talking.



Forced Choice Questions

Offer 2 (or more) options.

"Is that pink or green?"

Open Ended Questions

Invite more than a word.

"What color is that?"

Direct Verbal Command

Give a clear, supportive prompt (not a demand).

"Go ahead and tell me what color you chose."

Give 5 Seconds of Response Time

Pause • Be patient • Let them think, process and find their words.

NO YES/NO Questions!

YES / NO

They often encourage nonverbal answers!

Thoughtful questions open the door to brave voices.

Little questions. Big progress.