

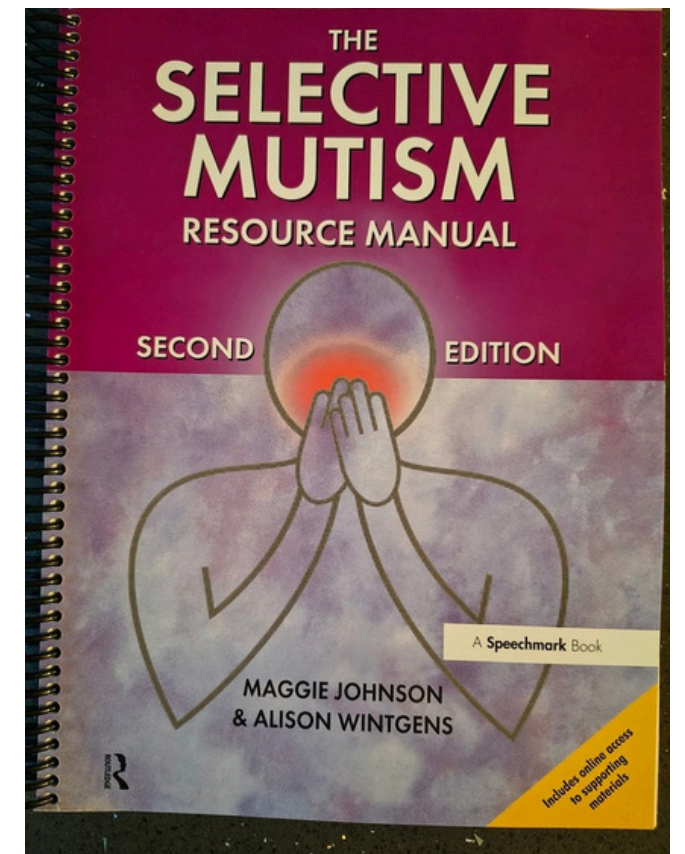
Selective Mutism Book List

Some books below are specifically about Selective Mutism and some are about anxiety

Selective Mutism Resource Manual

Maggie Johnson and Alison Wintgens

For anyone who needs to understand, assess or manage selective mutism, this is a comprehensive and practical manual that is grounded in behavioural psychology and anxiety management and draws on relevant research findings as well as the authors' extensive clinical experience.

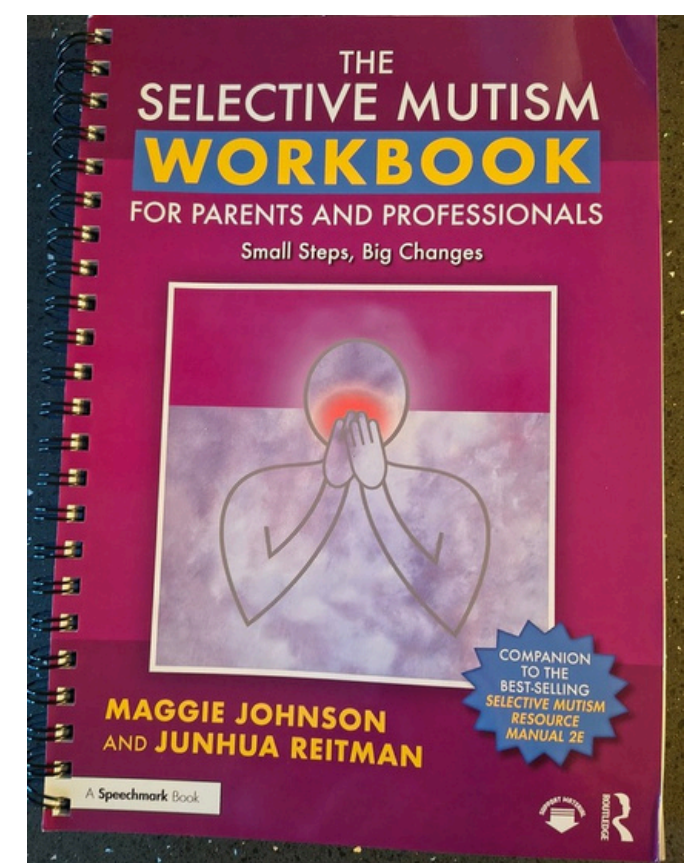


Selective Mutism Resource Workbook

Maggie Johnson and Junhua Reitman

This workbook provides hands-on activities, strategies, planning sheets and progress trackers for use with children with selective mutism at home, at school and in the wider community.

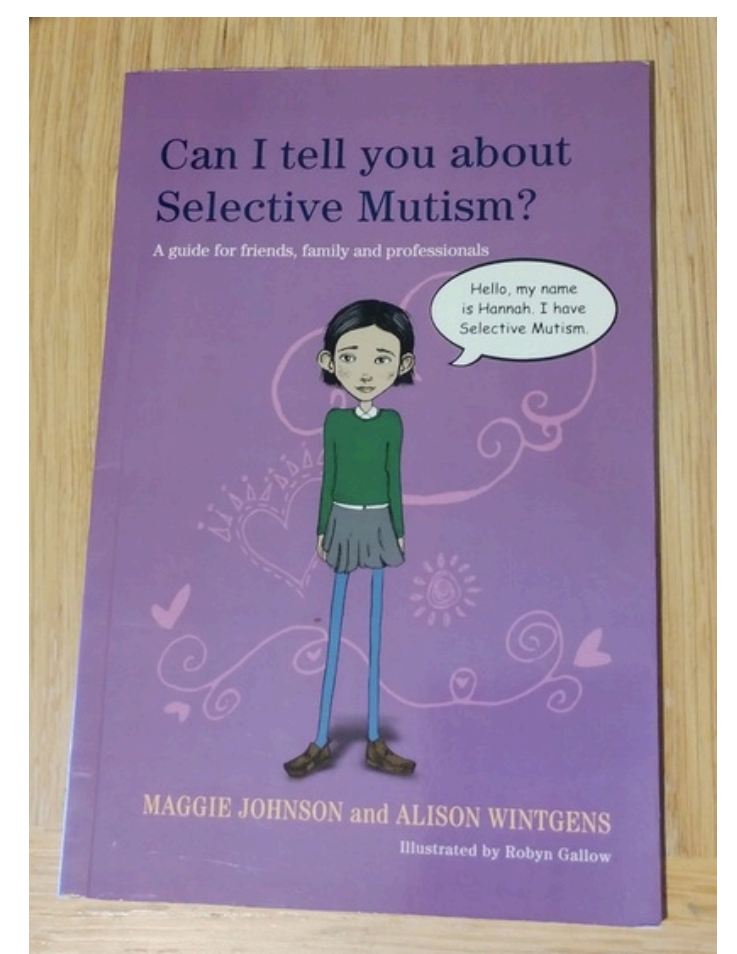
Written by selective mutism expert Maggie Johnson and parent coach Junhua Reitman, the workbook includes first-hand accounts of how children can overcome SM successfully using the activities and strategies described in this book. Activities are organised around the daily routines of school and family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



Can I tell you about Selective Mutism?

Maggie Johnson and Alison Wintgens

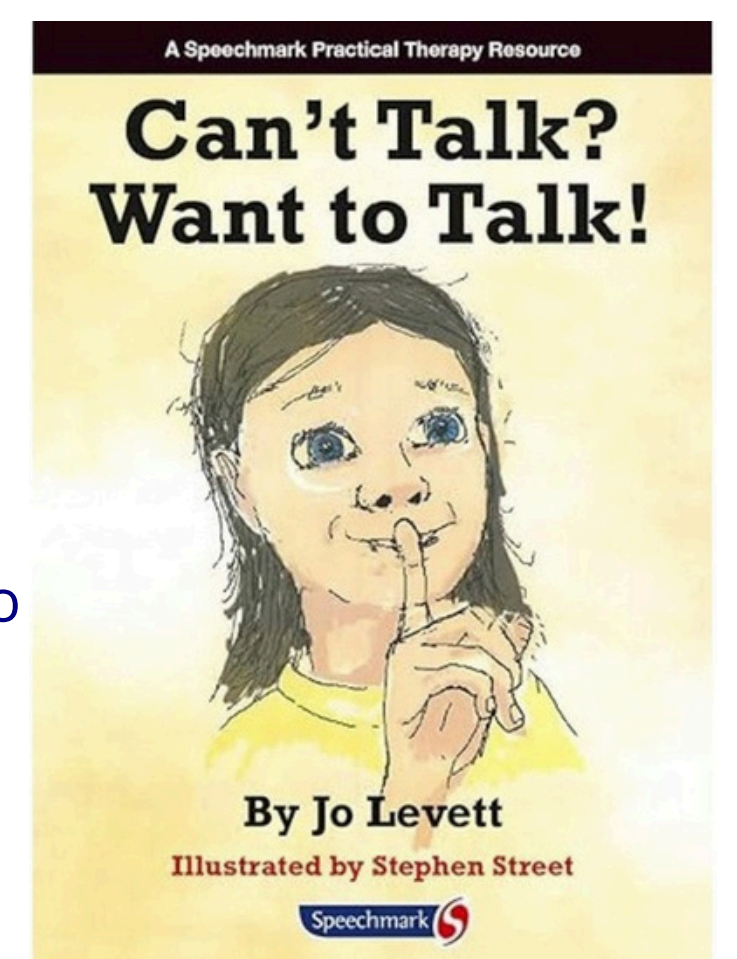
Hannah, a young girl with selective mutism, tells readers what SM is, what it feels like to have SM, and how they can help. There are extra sections at the back for teachers and parents.



Can't Talk? Want to Talk!

Jo Levett

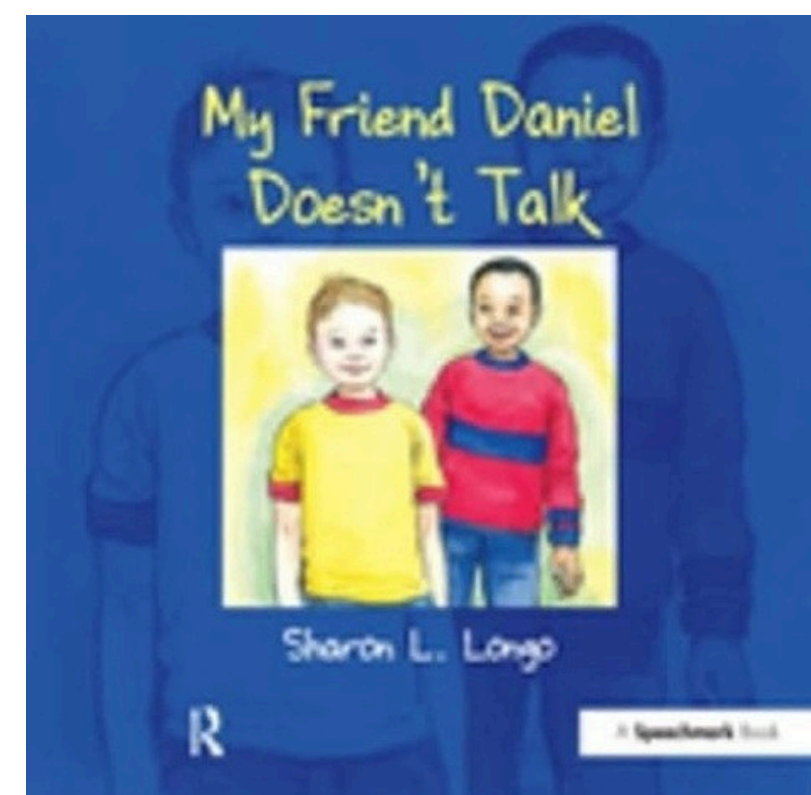
When outgoing Lily meets a little girl who is too afraid to talk in school or other places outside of her home, she befriends the silent girl, their friendship grows, and the silent girl feels comfortable enough to talk to her new friend. This beautifully illustrated story book is for children with selective mutism to see that they can make a friend like Lily. It is also a helpful tool for parents, friends and teachers of children with selective mutism to understand why these children are unable to talk in certain settings, and to explore some strategies that may help to reduce their anxiety around speaking.



My Friend Daniel Doesn't Talk

Sharon L. Longo

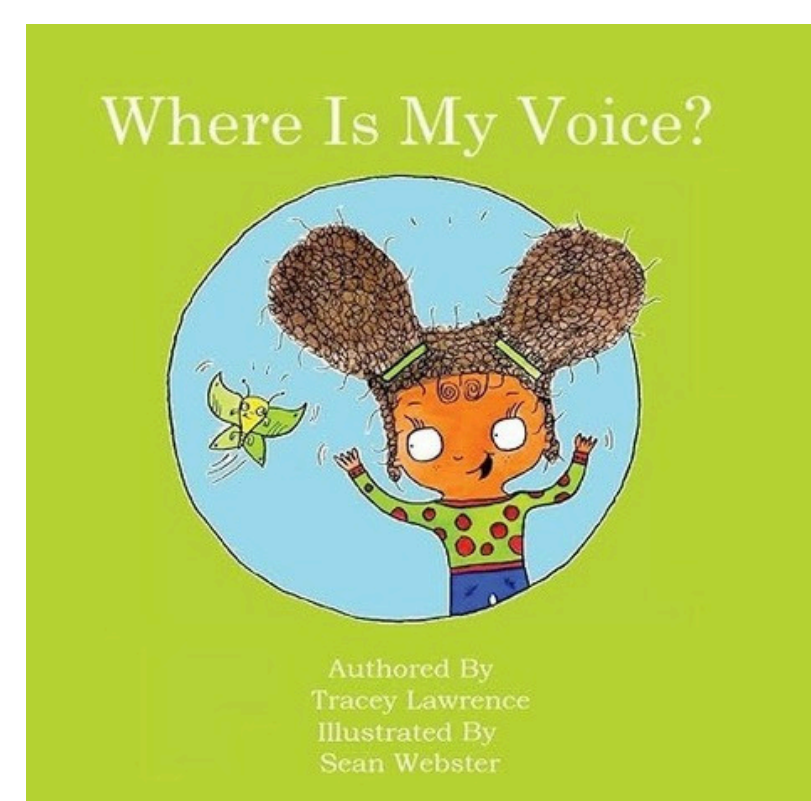
When outgoing Ryan meets Daniel, a boy who is too afraid to talk in school or other places outside of his home, he befriends the silent boy, defending him in school to other children. Their friendship grows, and Daniel feels comfortable enough to talk to his new friend. Ryan's tendency to 'talk too much' enables him to help Daniel in the classroom, and he hopes for the day when his friend will be able to talk in school so that the other children may get to know the 'real' Daniel. The theme of accepting others who are different while trying to empathise with them is a universal one, and therefore this book may be enjoyed by all children aged from 4 to 8.



Where Is My Voice?

Tracey Lawrence

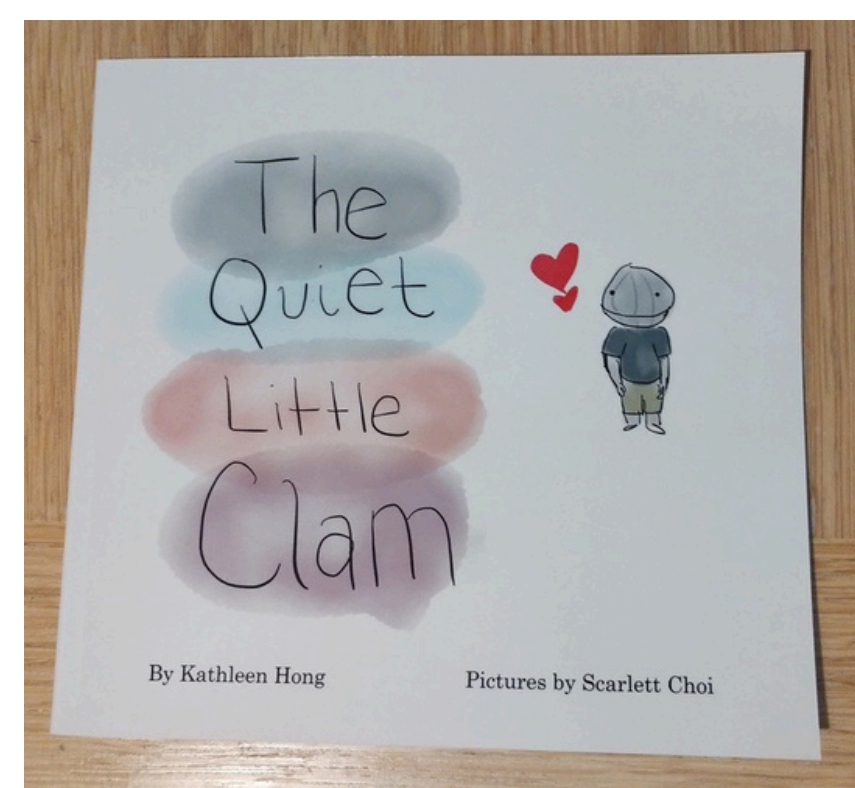
A young girl named Poppy struggles with selective mutism. Join us as we follow her tough journey through life in home that she will eventually find her voice.



The Quiet Little Clam

Kathleen Hong

Modelled on Kathleen Hong's youngest child, M is a chatterbox at home but clams up at school. However, with help from the other children, and their class teacher, M begins to feel more comfortable about talking in school.



Maya's Voice

Wen-Wen Cheng

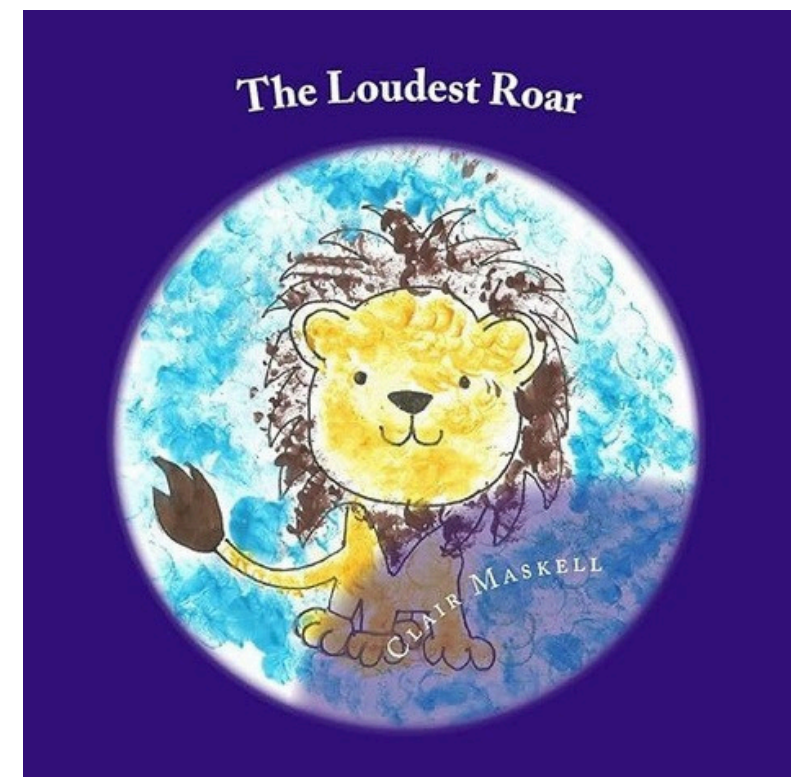
Maya is a bright-eyed, inquisitive little girl who loves to share her sweet voice. But when she starts school, she loses the confidence to use her voice and goes about her school day in silence. With time, patience, and understanding, and love from all those around her, Maya discovers her sweet voice.



The Loudest Roar

Clair Maskell

Angus has a fantastic roar. It is so loud, it gives his Dad a headache! But his roar doesn't always work, leaving Angus feeling sad, angry and alone. This book describes what it can feel like to have Selective Mutism and how even though you cannot express things in words, you can still do amazing things.

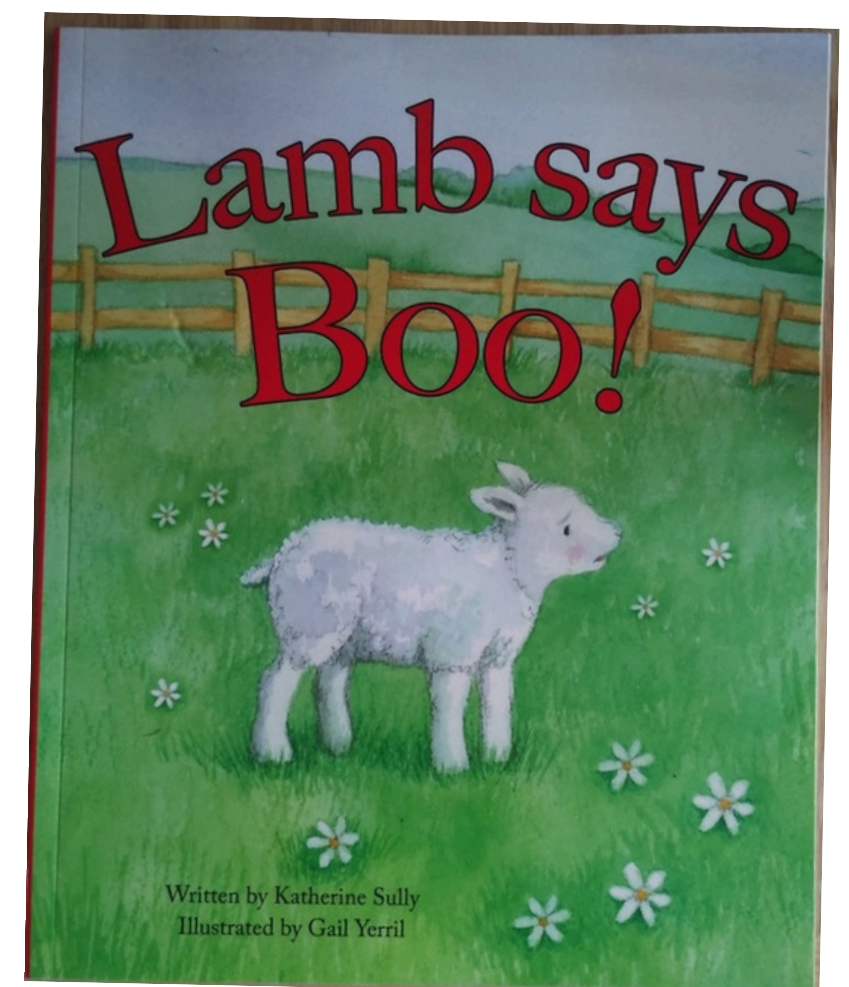


Lamb says Boo!

Katherine Sully

Little Lamb wouldn't say *boo* to a goose. Or would she? Quiet Lamb is always left out by the other farmyard friends who don't notice her while they are playing their noisy games. Lamb wants to join in and stand out from the crowd, but how? Maybe Goose has the answer...

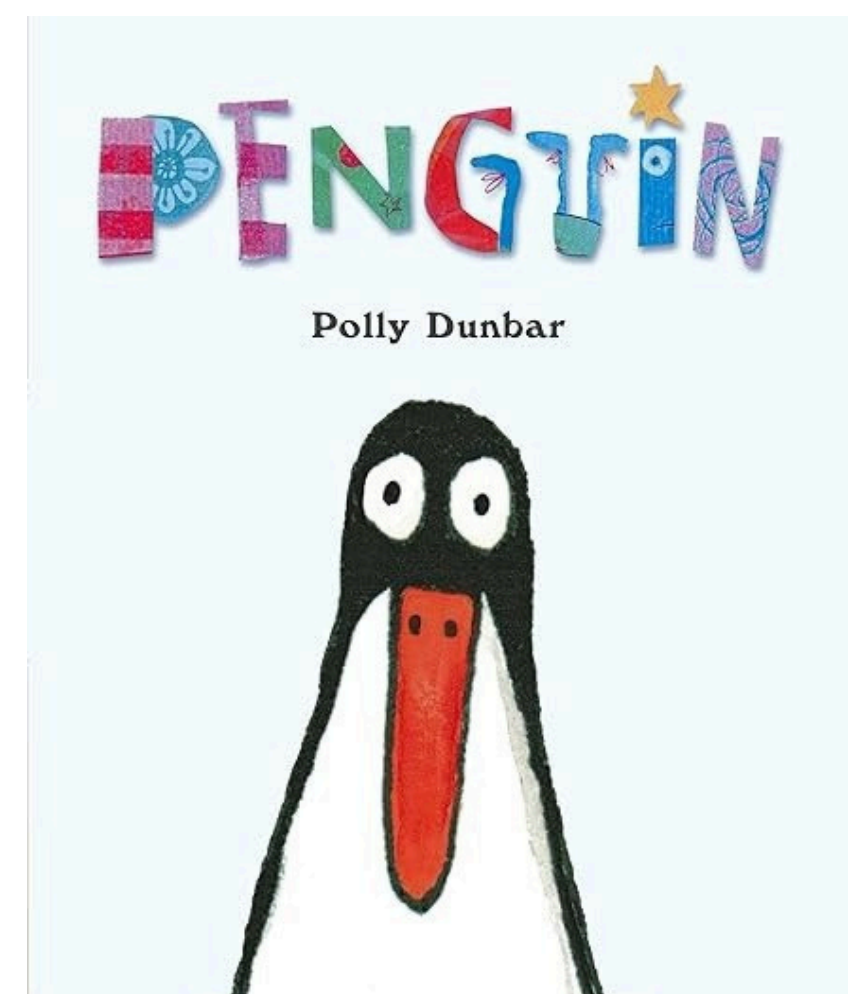
A charming story of bravery and having the confidence to stand up for yourself.



Penguin

Polly Dunbar

This is the story of Ben, who couldn't be more delighted to find a penguin friend inside his present. "Hello, Penguin!" he says. Penguin says nothing. Ben tickles Penguin, pulls his funniest face, puts on a happy hat, sings a silly song and does a dizzy dance...but still Penguin says nothing. It isn't until a passing lion intervenes that Penguin finally speaks - and, when he does, Ben discovers that some things are worth the wait.



The Huge Bag of Worries

Virginia Ironside

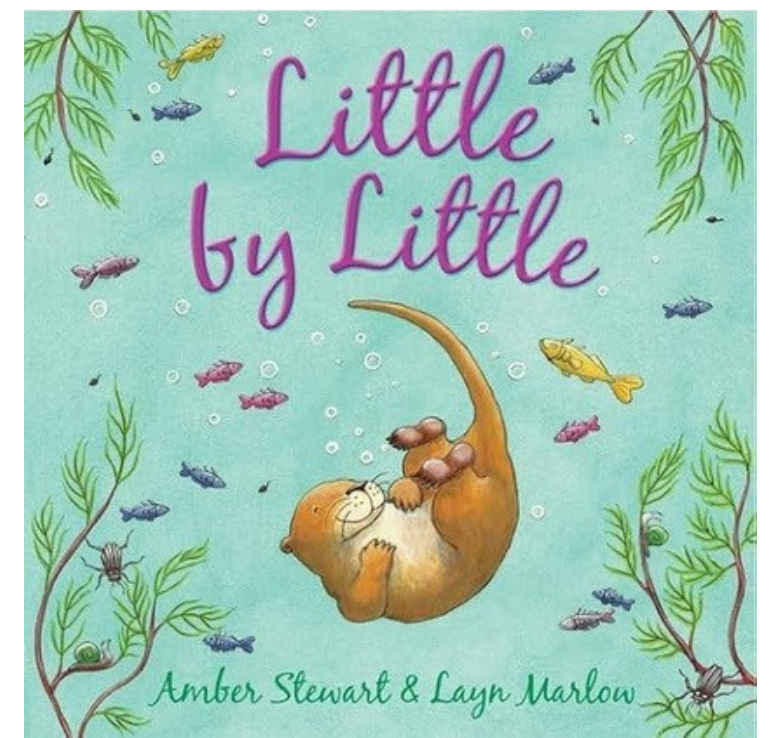
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Little by Little

Amber Stewart

Scramble is a little otter who can't swim. At the beginning of the story, we find him in the middle of writing a list. It's his Can-do and Can't-do List. The Can't do side just says 'Swimming'. One small word. But not being able to swim is a big deal for Scramble. It means he's teased by some of the riverbank animals. It means he feels left out when everyone else is in the water. And it means he spends hours and hours sitting on his own on the slippery rock wishing and wishing and wishing that he could. But something is going round in Scramble's head. Something his Mummy has said. Something his older sister has said. 'You've got to start small...' And so, slowly, slowly, Scramble builds his confidence in the water - overcoming each new incremental goal that he sets himself. Until, finally, Scramble really can swim! At the heart of this gentle story about learning a new skill is the message of encouragement - something that is important for toddlers everywhere.

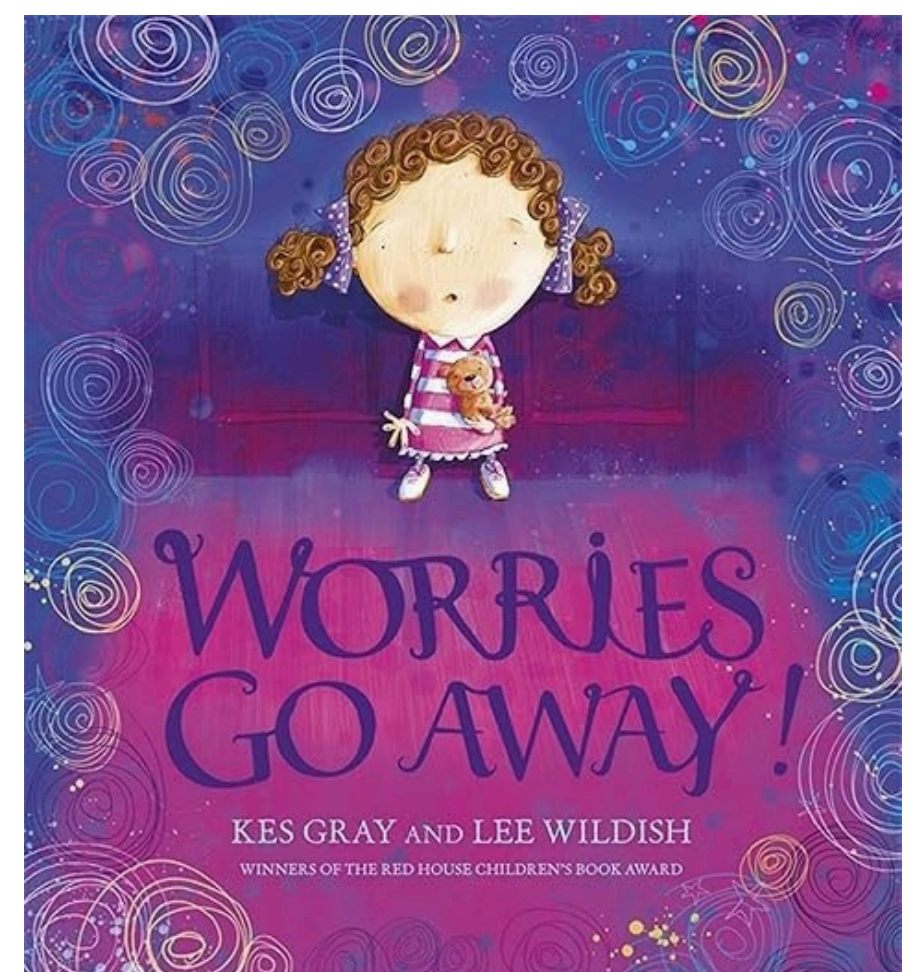


Worries Go Away!

Kes Gray

When a little girl feels worried she goes into a world of her own. At first the world is full of cream cakes and cola but soon the worries begin to take hold... Only her family and friends can help.

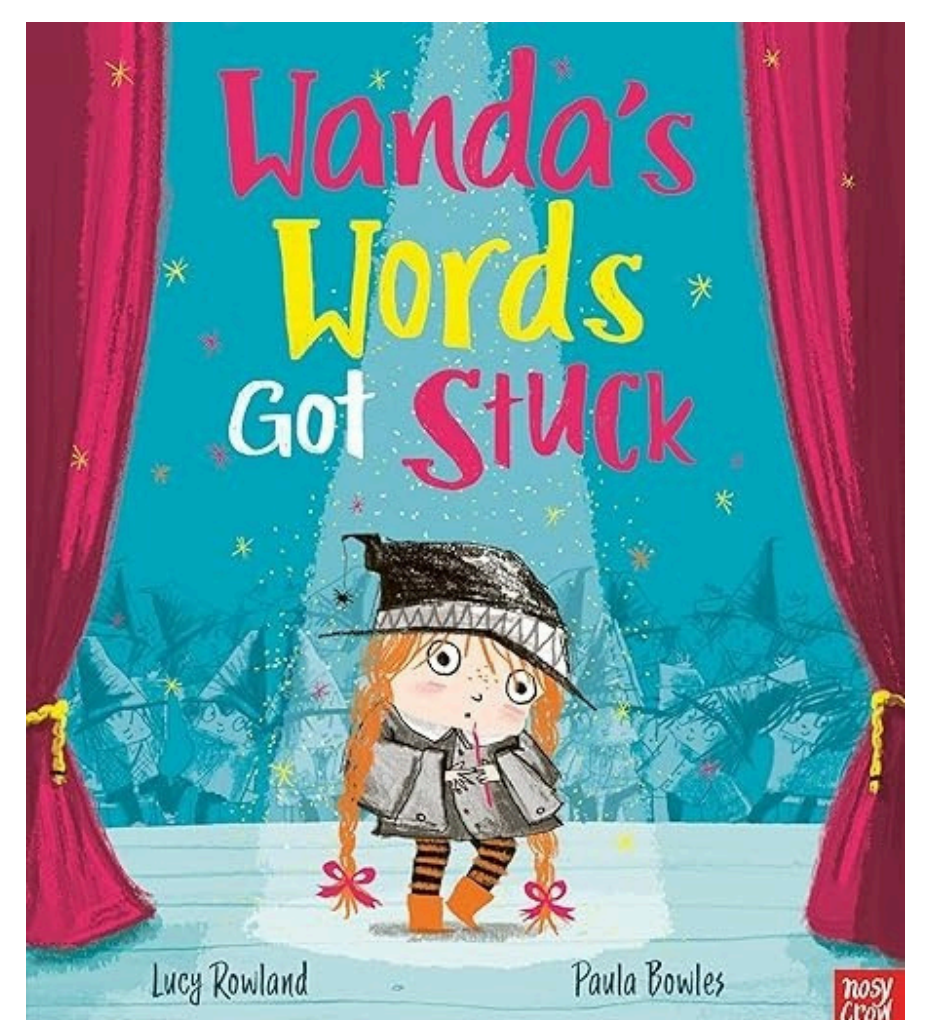
The gentle rhymes and imaginative illustrations give a difficult subject a wonderfully light touch. A must-have for any child.



Wanda's Words Got Stuck

Lucy Rowland

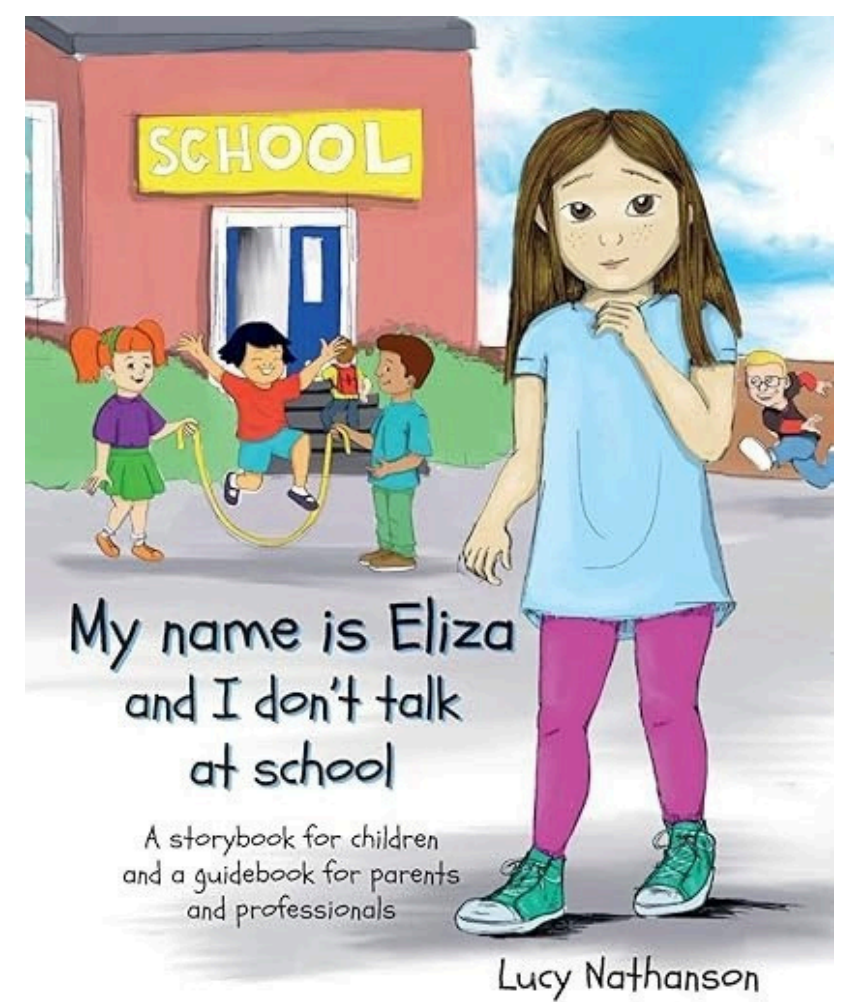
A magic-filled rhyming picture book, perfect for any child who feels anxious about talking. Wanda the witch is so shy she can't talk! No matter how hard she tries, the words won't come out. But when another nervous little witch called Flo joins her class, it seems that Wanda's not the only one who worries about speaking. The disaster strikes at the magic contest...will Wanda have the courage to shout out the magic words and save her new friend Flo from a dangerous dragon?



My name is Eliza and I don't talk at school

Lucy Nathanson

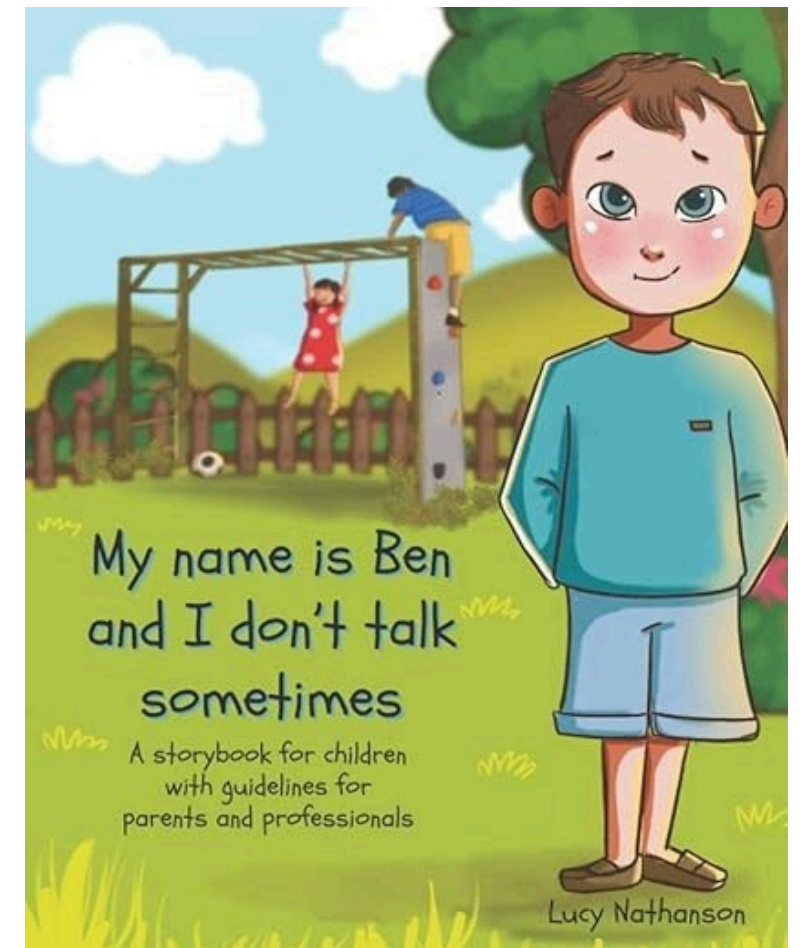
This beautifully illustrated and positive book is an excellent aid and therapeutic tool for both therapists and parents of primary-age children with selective mutism. Selectively mute children who are aged 6 years and over can also read this book themselves or with an adult.



My name is Ben and I don't talk sometimes

Lucy Nathanson

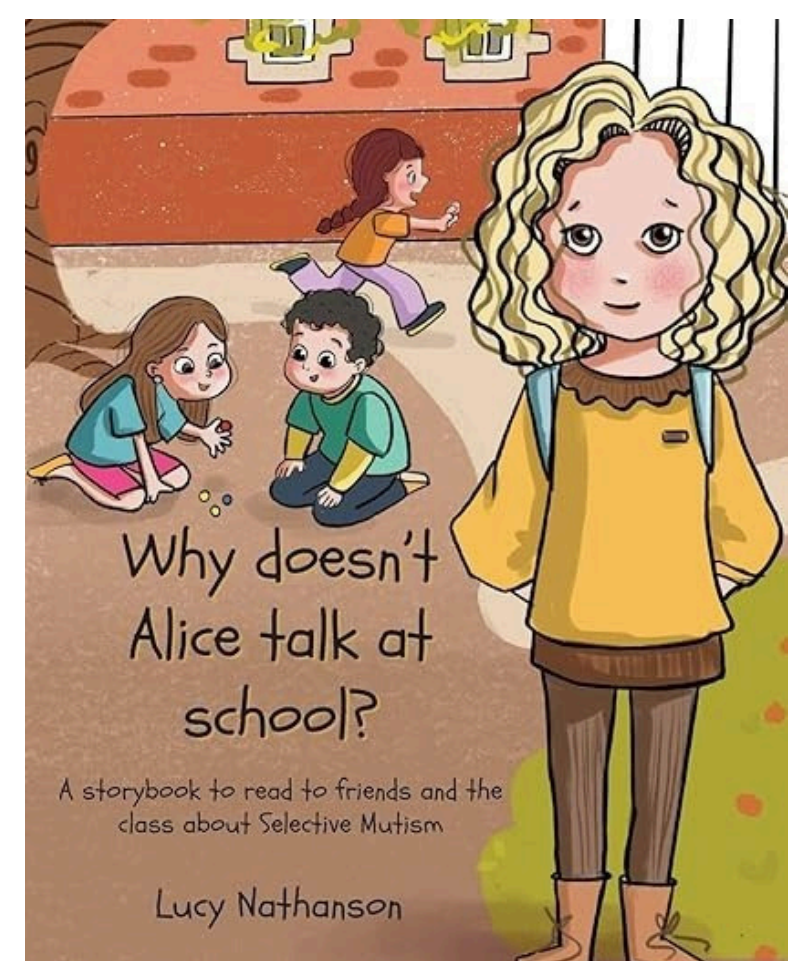
A story about a child's experience of selective mutism, in his words. Ben takes us on a journey of how he feels across situations - at his birthday party, with people he's unable to talk to, on playdates and at school. Through the story, we also learn that Ben's best friend has a fear of swimming and by taking small steps he works to overcome this. Ben shares, in a child-friendly way, his feelings around talking and interwoven into the story is the intervention of how he begins to make steps forward. The story is suitable for children 6 years and over.



Why doesn't Alice talk at school?

Lucy Nathanson

A beautifully illustrated book that can be read to peers to help them to understand selective mutism. Reading this book creates a space for adults to have a conversation with peers about selective mutism, to answer their questions, and to explain in a child-friendly way how they can support their friend. Children with selective mutism are often fearful of how peers would respond if they were to talk. Naturally, it is a very exciting moment when a child speaks for the first time; however, making a fuss may halt the child's ability to continue to use their voice.



A Letter to My Teacher: Why I can't speak at school

Lucy Nathanson

A book about Jess, a child with selective mutism. Jess writes a heartfelt letter to her new teacher at the start of the school year - articulating with selective mutism is and how it isn't a choice, how it affects her in many different situations at school, and what she wishes teachers would do to help her. This book can be read by teachers of children of all ages. It is recommended that parents of children with selective mutism give this book to the new teacher ahead of the school year. It can also be read by children aged 10+ with selective mutism **(it is recommended that parents read the book first to assess the suitability for the specific child).**



Updated April 2026

Lola's / Leo's Words Disappeared *Elaheh Bos*

As Lola / Leo starts school, something strange happens. Her / his words disappear! Now Lola / Leo must find new ways to give her / his words the courage to come back. A fun and practical introduction to different techniques of anxiety management, specifically used for children with selective mutism. Most effective when followed up with the activity book (*below*). This series explores six anxiety reduction and management techniques. The book was created in collaboration with Dr. Tamara Soles, a psychologist specializing in early childhood.



Lola's / Leo's words disappeared and came back! *Elaheh Bos*

As Lola / Leo starts school, something strange happens. Her / his words disappear! Now Lola / Leo must find new ways to give her / his words the courage to come back. This is the companion book to Lola's / Leo's Words Disappeared Book written to help children with selective mutism. This activity book and journal takes learning into the practical phase by providing questions that general personal awareness. It reinforces key tools and techniques, and allows Lola's / Leo's journey to be a conduit for personal growth.

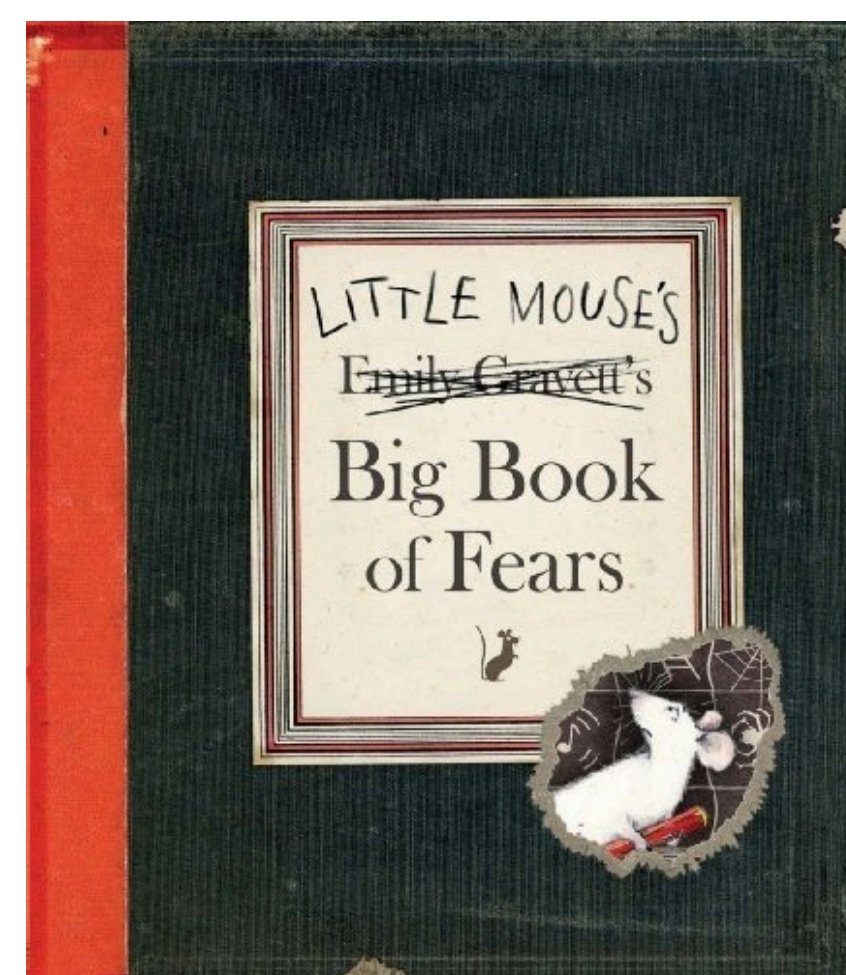


Little Mouse's Big Book of Fears *Emily Gravett's*

Young children will identify with the little mouse who uses the pages of this book to document his fears – from loud noises and the dark, to being sucked down the plughole - EEEEEK!

Packed with details and surprise treats including flaps, nibbled holes and even a hilarious fold-out map, Little Mouse's Big Book of Fears by Emily Gravett (an expert in worrying) is an extraordinary, award-winning picture book.

Everyone is scared of something and even the bravest person can sometimes feel small – so every page provides a blank space for little worriers to record and face their fear through writing and doodles!



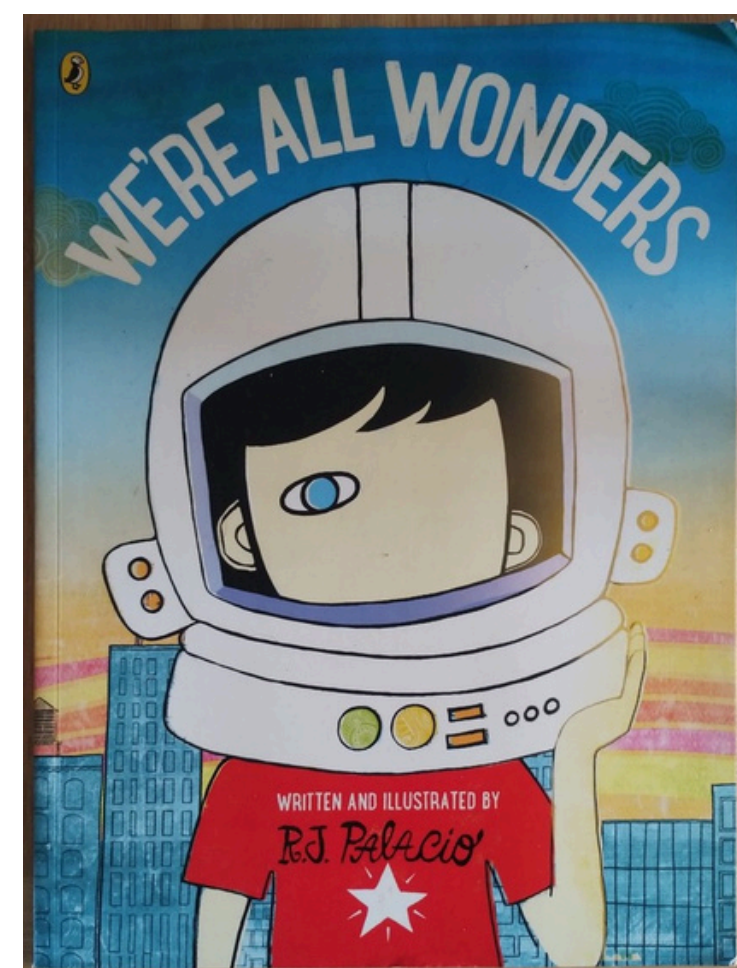
We're all Wonders

R.J. Palacio

Auggie knows he's not an ordinary kid. He does plenty of ordinary things. He feels ordinary. He just doesn't look ordinary.

But it's not just Auggie who's different. Everyone is different, and everyone is a wonder - if only they could see it.

Featuring the beloved hero from the bestselling sensation *Wonder*, this original adventure written and illustrated by R.J. Palacio inspires kindness and acceptance in everyone who reads it.

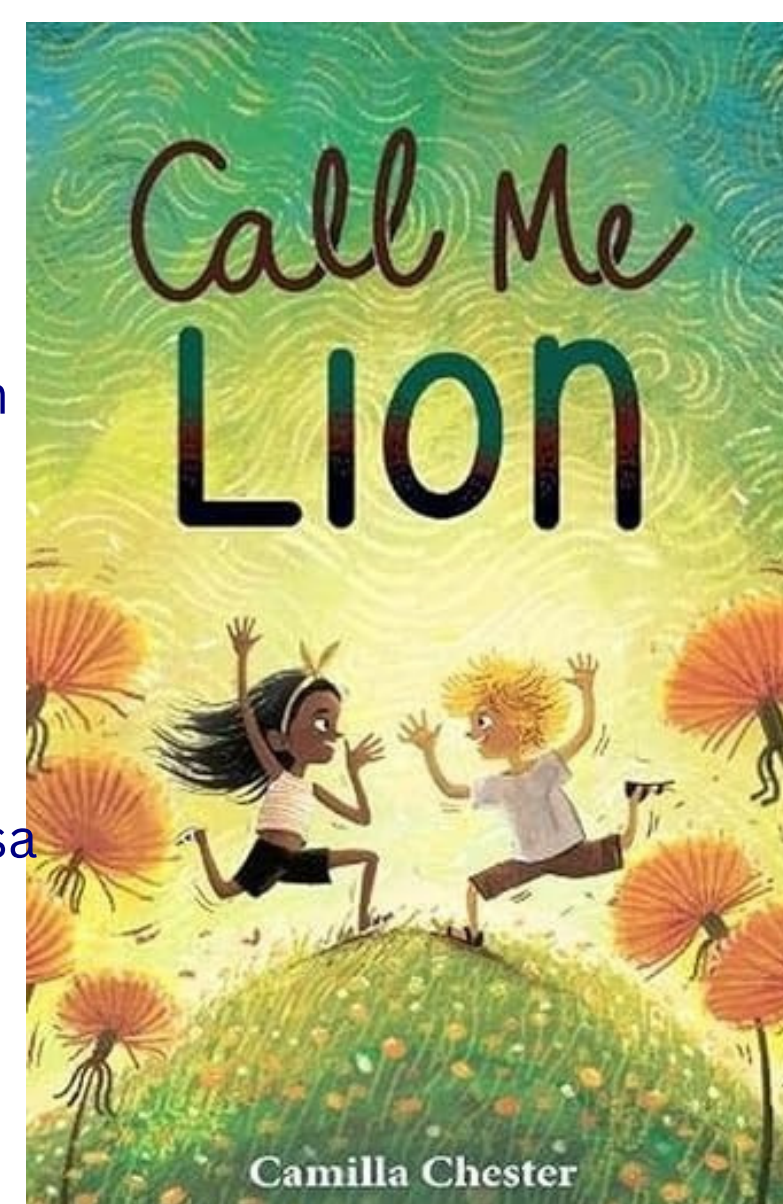


Call Me Lion

Camilla Chester

Ten-year-old Leo dreams of performing in the West End. His love of dancing is getting him through the Luton heatwave, but his selective mutism is putting his spot in the end-of-summer dance show on the line. When chatty Richa moves in next door, Leo finds it easy to bond with her. She talks enough for the both of them...at least to begin with. But when he learns her secret it's clear that Richa needs Leo's support as much as he needs hers. With Richa's help, will Leo be able to follow his dreams? Or will Leo's inability to talk cost him their friendship? A heart-warming story of courage and determination in the face of adversity, perfect for fans of Jacqueline Wilson, Lisa Thompson, Stewart Foster or Elle McNicoll.

Suitable for approximately 8-10 year olds.

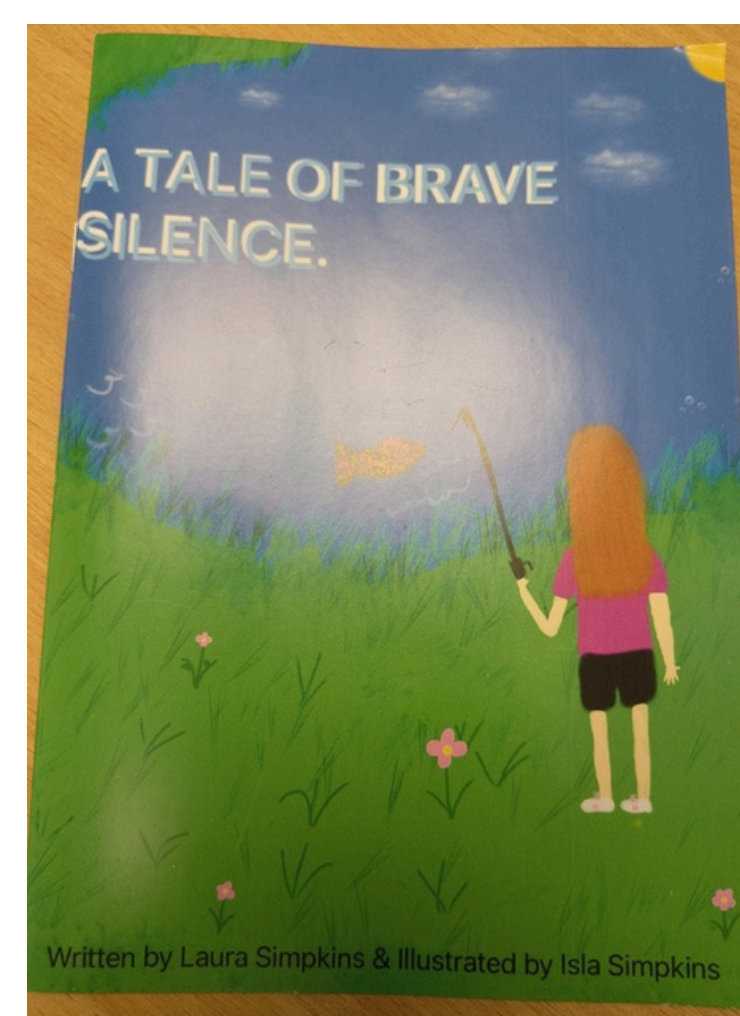


A Tale of Brave Silence

Laura Simpkins

Your voice is a precious gift, and when you're ready, the world will be blessed to hear the beautiful words you have to share. Be a rainbow in someone else's cloud by being kind to those who are different. Just like colours make a rainbow beautiful, our differences make the world a better place.

This is a self published short story written by *Laura Simpkins* whose daughter, Isla, has selective mutism and illustrated the story.



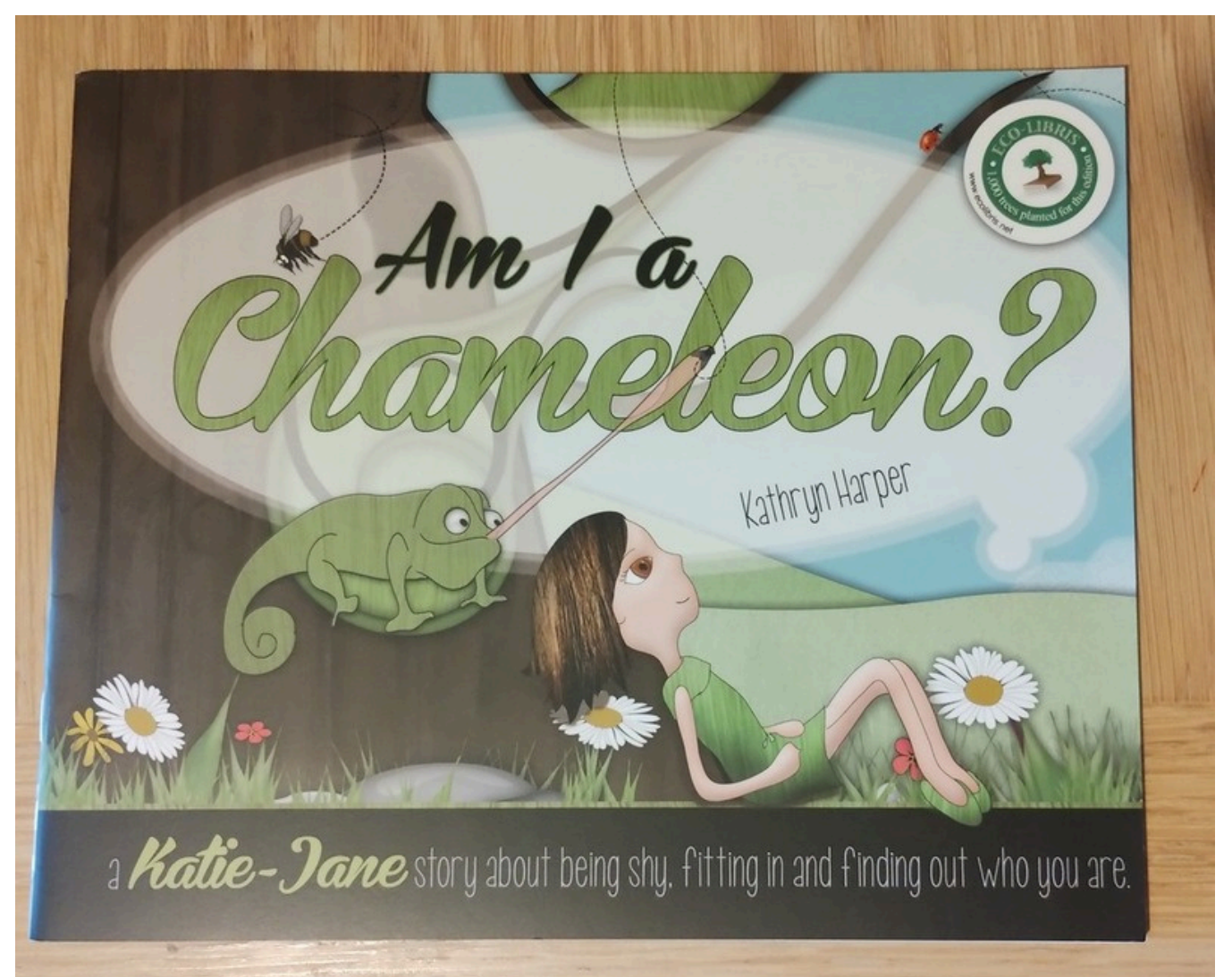
Am I a Chameleon?

Kathryn Harper

Kathryn Harper had selective mutism as a child. This is her first book about Katie-Jane. This book is about being shy, fitting in and finding out who you are.

This book appears to be out of print but there is a reading of it here:

<https://soundcloud.com/kathryn-harper-2>



Have you Seen my Tail?

Kathryn Harper

Kathryn Harper had selective mutism as a child. This is her second book about Katie-Jane. This book is about embracing change.

This book appears to be out of print but there is a reading of it here:

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The Cat Got My Tongue!

Kathryn Harper

Kathryn Harper had selective mutism as a child. This is her third book about Katie-Jane. This book is about communication, self-expression and self-acceptance.

This book appears to be out of print but there is a reading of it here:

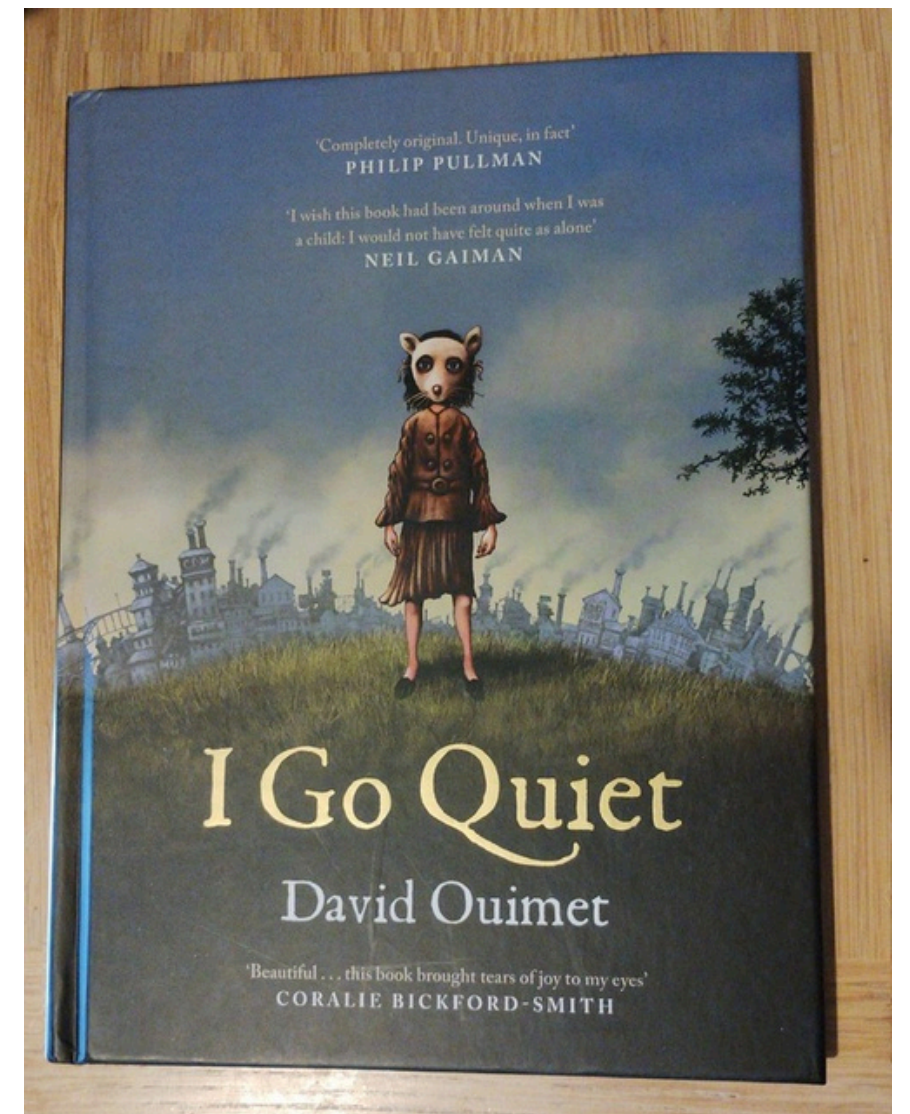
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I Go Quiet

David Quimet

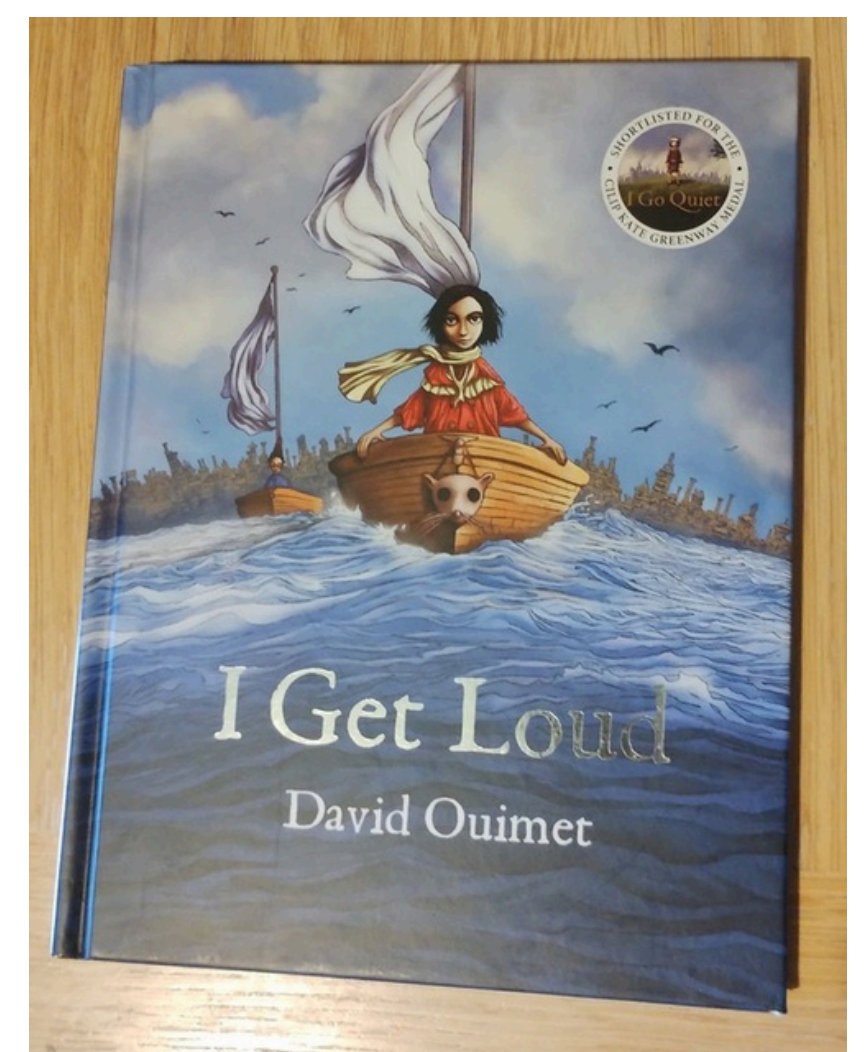
The story of an introverted girl, struggling to find her place in a noisy world. Through the power of books, creativity and imagination, she begins to see possibilities for herself beyond the present, to a future where her voice will finally be heard.



I Get Loud

David Quimet

The tale of a special friendship and the strength and courage found within it. Through imagination, love and embracing each other's beautiful, individual weirdness, two friends overcome obstacles and hardships they could not have faced alone.

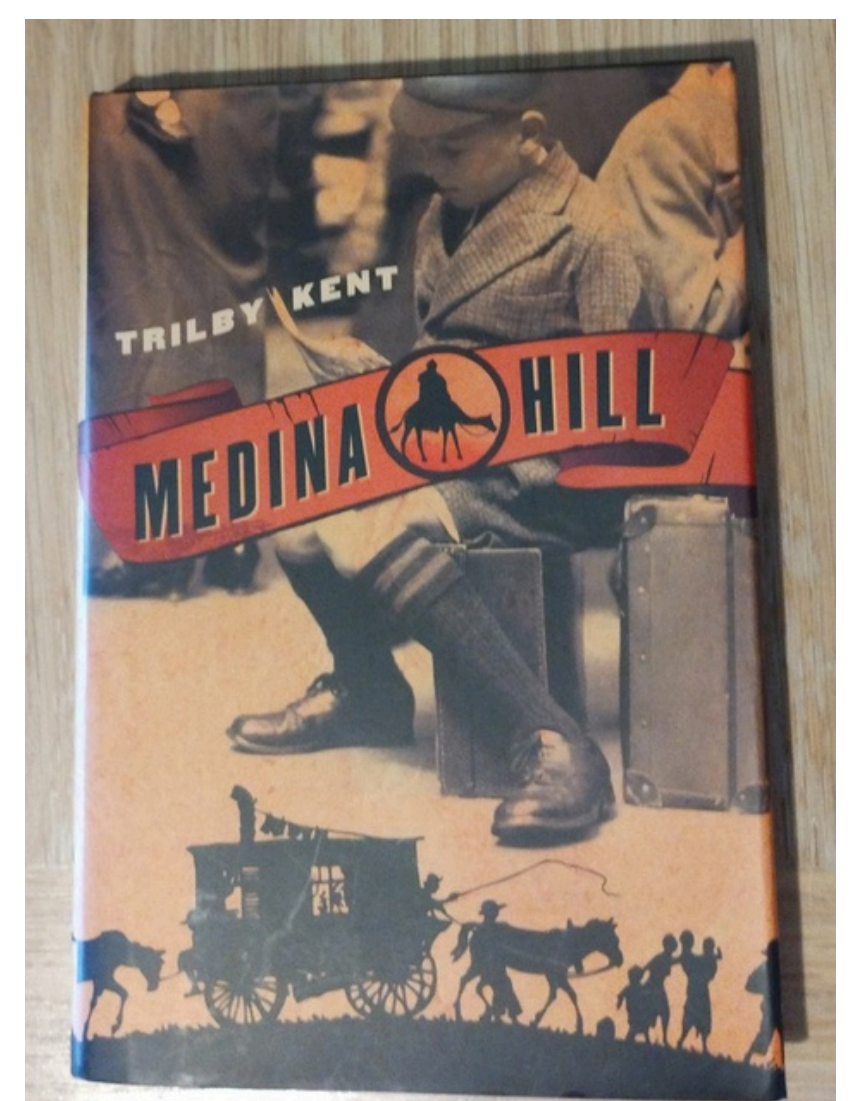


Medina Hill

Trilby Kent

Eleven-year-old Dominic has selective mutism. With his mother sick and his father unemployed, life in the city of London in 1935 is hard for a young boy named Dominic Walker, but the kindness of an uncle and a move to a special boarding house helps him in unexpected ways as he finds himself embroiled in a village uprising against a band of travellers who face expulsion. In defending the vulnerable, Dominic learns what it truly means to have a voice.

Suitable for approximately 9-13 year olds This book appears to be out of print.



Drifting in and out of my Two Worlds *Jessica Thorpe*

Drifting in and out of my Two Worlds follows the fascinating journey of a girl with the anxiety disorder, Selective Mutism.

Based on a true story and written in the first-hand knowledge of a sufferer who overcame Selective Mutism, it is a unique story which will grip readers from all audiences. The story highlights the stark contrasts between her lives within and without of the school grounds, the nation's incredible ignorance towards the disorder, how to deal with selective mutism, and the harrowing consequences of it being left untreated.

Captivate yourself with the distressing twists of bullying throughout the years, a near-death experience, how she spoke in front of hundreds of people whilst entrenched with the mutism, and how she, being the only person in the knowledge of her disorder, spoke out about it to a teacher.

As well as an engaging read, it is therapeutic, most informative and of great interest when understanding the difficulties children are faced with when they have an actual fear of speaking.

