My Talking Map

My voice is still there. In some places it feels easy, and in some places it gets stuck. That's okay.

Name: _____ **Date:** _____

1 My voice feels easy

Tick where and with whom talking feels easy right now

- [ ] At home
- [ ] In the car
- [ ] With mom or dad
- [ ] With my siblings
- [ ] With a best friend
- [ ] With grandparents
- [ ] On a video call
- [ ] Something else

2 My voice gets stuck

Tick where my voice freezes. These are places to practice, slowly

- [ ] In class
- [ ] With my teacher
- [ ] At lunch or recess
- [ ] At the doctor
- [ ] In a store
- [ ] At parties
- [ ] With new grown ups
- [ ] Something else

3 Ways I can show what I mean

All of these count as joining in

- [ ] Nod or shake head
- [ ] Point
- [ ] Thumbs up
- [ ] Write or draw
- [ ] Show a card
- [ ] Wave or smile
- [ ] A sound or laugh
- [ ] Whisper to a buddy

4 My brave voice notes

For me and my grown ups

Someone I'd like to talk to: _____

What helps me feel calm: _____

I want grown ups to know: _____

Draw a place where my voice feels easy, or draw my brave voice:

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My Brave Talking Ladder

Little steps, one at a time. I can stay on a step as long as I need. Trying counts.

Name: _____ **Date:** _____

1 My ladder

Start at the bottom. Color the star when a step feels easy

8 Talk in a small group. ☆

7 Ask a short question. ☆

6 Answer a choice question: "red or blue?" ☆

5 Say one word to the new person. ☆

4 Talk to my grown up while the new person is nearby. ☆

3 Make a sound: laugh, hum or an animal noise. ☆

2 Nod, point or give a thumbs up. ☆

1 Play near a new person. No talking needed. ☆

2 What helps me be brave

Choose with my grown up and teacher

- ☐ Warm up time first
- ☐ No one waits on me
- ☐ Choice questions
- ☐ A buddy nearby
- ☐ Practice at home
- ☐ Quiet praise later
- ☐ A small reward
- ☐ Something else

3 My brave week

Color a star for each one. Small steps still count

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I tried a brave step	☆	☆	☆	☆	☆	☆	☆
I showed what I mean	☆	☆	☆	☆	☆	☆	☆
I had fun with others	☆	☆	☆	☆	☆	☆	☆

4 For the grown up helper

Your child is not refusing. Take the pressure off, keep the fun on

Do not pressure, bribe or keep asking your child to talk. Praise speaking quietly and later, not in front of others.

Ask choice questions, then wait calmly. If no answer comes, move on kindly without making it a big deal.

Ask for a hearing check and a speech language evaluation. A child therapist can guide the ladder.

US: crisis, call or text 988. Emergency, call 911. These pages do not replace professional care.

Grown up notes: steps that worked, who joined the ladder, what to share with the school

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