5 ways to support reluctant speakers

- Make sure all children have a variety of ways to respond.
- Find ways they can participate in activities and focus on building friendships.
- Use comments instead to include them in conversations. “I bet you had fun at the weekend!”
- Make sure they know there will be no pressure to talk. This will help their anxiety.
- Don’t remove all need to communicate – just make sure they have non-verbal ways to request and respond.