

# open this if you are a tired parent

Does this sound familiar, <insert name>?

It's 3am.

You're tossing and turning, worrying about your child's future.

You eventually get a couple hours of rest, only to wake up to a pounding headache. 🤯

Then the juggling act begins:

- Sorting out the never-ending laundry.
- Getting the kids ready at break-neck speed.
- Replying to work emails before your boss starts yelling.

## It's utterly exhausting, I know.

Although most parents can relate to this, when your child has selective mutism, these challenges can multiply **tenfold**.

And sadly, not everyone gets it...

That's why I've ensured [Steps To Brave Talking](#) is MORE than just a course, but a *community* of supportive parents.

It's a place you can meet **like-minded parents** who understand EXACTLY what you are going through (by giving you instant access to a [private Facebook group](#) and [4 masterclasses](#), complimentary to the course itself).

So you can vent together, ask for help, share wins together (and sleep a bit more peacefully at night 🌙).

And most importantly, so you'll NEVER feel like you are going through this journey alone.



**Jason Somerville**

18 June · 🌐



This year my daughter started to talk to her friends on the playground. So proud of my brave girl. It seems that with her councillor she is getting braver by the day 🍊 proud dad



Anna Biavati Slit and 5 others



Sally Neske-Hawks

28 April · 🌐



What kinds of things has the school done to help your child with SM? Especially regarding self-help type of things (feeling sick, need to use the bathroom, etc.). Thanks in advance!

So if that sounds interesting, [CLICK HERE](#) to join <course name> and become a part of a group of **like-minded parents** dedicated to helping their child **overcome selective mutism** (and get your sleep back 😊).

Warm regards,  
<client name>

When joining <course name>, you'll get instant access to 4 masterclasses and a private Facebook group, complimentary with the course.

In it, you'll meet **like-minded parents** who understand EXACTLY what you are going through.

You can talk, vent, laugh and be there for one another.

And while being guided by yours truly as the host. 😊

So if that sounds interesting, [CLICK HERE](#) to join <course name> and become a part of a group of **like-minded parents** dedicated to helping their child **overcome selective mutism** (and get your sleep back 😊).

Warm regards,  
<client name>