

HOW CAN I HELP MY CHILD WITH THEIR WORRIES?

WHEN MY CHILD COULD CONTROL THE WORRY THEY HAVE:

Problem Solving

(can be done alone or with support)

1. Write down all the ways you can think of to help solve this worry.
2. Think about which ideas are possible and the most helpful- Rate them!
3. Pick the best solution to try.
4. Plan how you can do this and what (or who) you may need to help you.
5. If this solution does not work, you can go back to the list and try another!

I don't know where my new school is...

I don't have my new school uniform yet...

WHEN MY CHILD CANNOT CONTROL THE WORRY THEY HAVE:



Write the worries down and put them into a worry jar/ box. This helps to let go of the worries. We can also set a designated time to look at the worries and talk them through, seeing if we can solve any.



Write the worries down and crunch up or rip the piece of paper. You can then throw this away, signifying that we are throwing the worries away too.



Draw or write the worries onto balloons. Imagine them floating away or burst the balloon to let go of the worries. You can do this activity virtually on the Childline website www.childline.org.uk/toolbox/games/balloon/

Breathing techniques

Self-soothe box

Grounding techniques

Talk to someone we trust