

# Supporting Your Child's Worries:

## *Kinder-2nd Grade Edition*

**Look:** Notice the specific worries your child has. Remember, worry stems from realistic concerns while anxiety stems from general unknowns.

Question to ask yourself: Is this a realistic worry for their age?

**Listen:** Try not to provide too much reassurance and involve them in problem solving.

Problem solving stems:

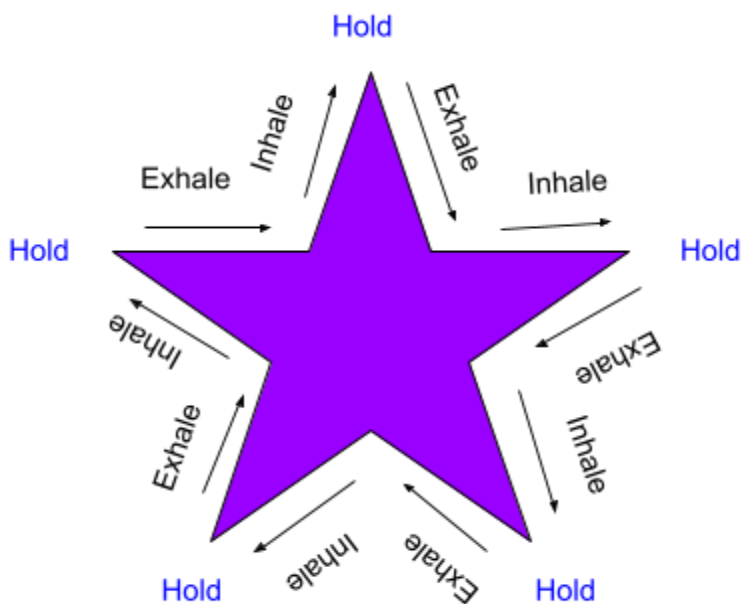
“What do you think we should do about this worry?”

“Where should we put the worry?”

“How can I help you with your worries?”

“When I was your age, I also worried about...”

**Learn:** Discover ways to manage their anxiety and yours by learning deep breathing techniques and incorporating them throughout your day. The one below is the popular star breathing technique or you can trace your fingers using the same up ( inhale), hold, down ( exhale) motion.



**Love: Provide physical reassurance when needed while reminding them of your role in keeping them safe.**

- ❖ Ask If they would like a hug
- ❖ Sing a song at bedtime. I Love You Rituals by Becky Bailey is an amazing resource. Below you will find her rendition of Twinkle Twinkle Little Star

Twinkle Twinkle Little Star

What a wonderful child you are

With Bright eyes and nice round cheeks

Talented person from head to feet

Twinkle Twinkle Little Star

What a wonderful child you are!

-Becky A. Bailey Ph. D., I Love You Rituals

- ❖ Read books that normalize worries and fears

For Children:

- How Big Are Your Worries Little Bear by Jayneen Sanders
- Wilma Jean the Worry Machine by Julia Cook
- Ruby Finds a Worry by Tom Percival
- B is for Breath by Dr. Melissa Munro Boyd
- Wemberly Worried by Kevin Henkes

For Caregivers:

- The Opposite of Worry: The Playful parenting approach to childhood anxieties and fears by Lawrence J. Cohen Ph. D
- Anxiety relief for Kids: On-the-Spot strategies to help your child overcome Worry, Panic, & Avoidance by, Bridget flynn Walker, Ph. D

Seek support from a Licensed Mental Health Professional when you feel like your child's worries are affecting their ability to enjoy being a kid.