

Supporting Your Child's Worries:

6ht-12th Grade Edition

Look: Pay attention to sudden changes in their mood and behavior. Are they becoming more oppositional?

Questions to ask yourself: What is behind this opposition? What might they be worried about?

Listen: Listen non-judgmentally and practice empathy

Empathy stems:

- Let me see if I understand...
- It sounds to me like you feel ____ is this right? (it's okay if you get the feeling wrong!)
- Your face is telling me...
- Thank you for sharing that with me.
- Would you like my help figuring this out?
- I hear you.
- I honestly don't know what to say, but I am here to listen.
- Would you like me to just listen or would you like advice?

Adapted from: Understood.org

Learn: Discover ways to manage their anxiety and yours by learning deep breathing techniques and incorporating them throughout your day. Here are a few apps that encourage mindfulness:

- Headspace
- Calm
- Stop, Breathe, Think
- Smiling Mind
- Three Good Things

List taken from: www.evolvreatment.com

*It is suggested that you (caregiver or parent) download the app first before sharing it with your child to gauge age appropriateness.

Love: Spend time together discussing movies, books, current events.

Movie reflection question ideas:

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1. When did you see worry show up in this movie?
2. How did they handle the worry?
3. Would you have handled it the same way or a different way?
4. What was your favorite part of the movie?
5. What problems showed up in the movie?
6. Would you have solved the problem the same way?
7. When do you want to do this again?

At the end of your time together, it's always important for you to share how much you enjoyed spending time with your child.