

SUPPORTING YOUR CHILD WITH ANXIETY AND WORRIES



ASKING QUESTIONS RATHER THAN GIVING SOLUTIONS



- Helps your child to become an independent problem solver
- Helps your child to learn that problems can be solved even you are not around.
- Increases your child's confidence in their own ability to cope.

EXAMPLES

- What are you feeling worried about?
- What is frightening you?
- What do you think will happen?
- What is the worst thing that might happen?
- What is it about (this situation) that is making you worried?



UNDERSTANDING ANXIOUS EXPECTATIONS

Using open questions beginning with 'what' or 'why' will help your child to give more helpful information about their worry.



CHECK YOUR UNDERSTANDING



'So the thing that is most frightening you is... Is that right?'



BE CURIOUS AND EMPATHISE



'I can see you are feeling worried/ frightened, that must be really difficult' or 'that must be really scary (empathising). What do you think will happen? (being curious)'