

Calming a child

Try these simple techniques

Talk to me: without trying to offer solutions, give your child space to talk about their feelings openly. This will help them verbalise worries.



Show me: your child might find it easier to draw their worry or fear. You can then ask them a few questions about what they have drawn.

Tell me a story: you can help your child get out of their pattern of their worry or fear by telling a story about it, and changing the ending.



Let's find out: research your child's fear together, using books and the Internet, and try and rationalise it. It may help your child to feel empowered.



I'm going to take a breath: model this great calming strategy to your child so that they can copy your behaviour and get out of the height of their worry.



I can't wait for you to tell me about... change the subject by encouraging your child to think about something exciting that is happening later in the day.

This will pass: remind your child that all of these feelings pass eventually. It's OK to have these feelings; it's also OK to let them go.

