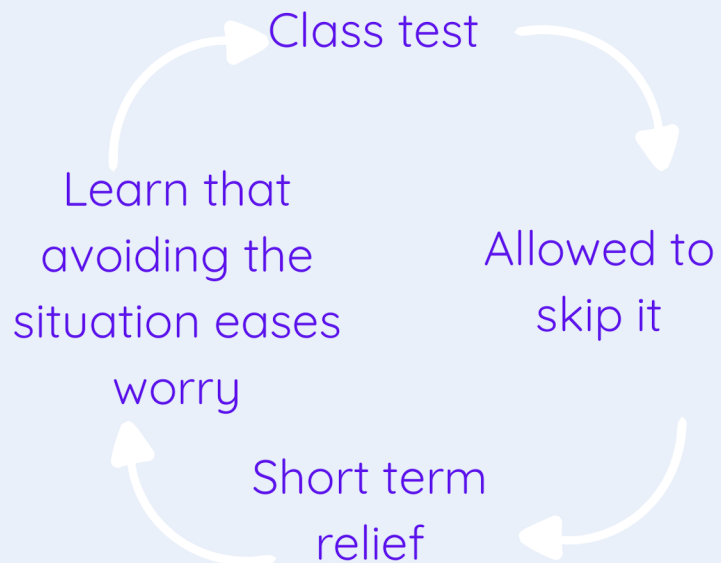


The Worry Cycle



The child learns the only way to deal with this feeling is to avoid the situation.



Emotionally Open Home



Emotion check ins - Feelings chart on the fridge or asking “how was your day?”

Normalise all feelings.

Good sleeping & eating routines.

Model how to emotionally regulate.

Talk through thoughts and feelings.



If a worry is prolonged and impacting on a child's daily functioning, that is when further support should be sought.



Managing Worries Top Tips Week 4 For Parents



Worries are a normal part of childhood.

Some are common based on the child's developmental age and stage.

Gradual Exposure

Celebrate Success!

Reduce the worry

Reflect

Build up evidence

Experience

Start with small goals



Negative Thinking Patterns

Thinking traps give power to our uncomfortable emotions, like worry. If we can recognise them, we can start to challenge them. Below are a few examples:

Mistaking thoughts as facts.

Predicting - Thinking that you already know will happen.

Blaming other people or circumstances.

Mind reading - Believing you know what someone else thinks.

All or nothing - Seeing only one side or one point of view.

Challenging Negative Thoughts



Firstly, identify the negative thought.

Then challenge it:

Is it helpful?

Is there another way to see this?

What evidence is there?

How might someone else see this?

What advice would you give a friend in this position?

Is this fact or opinion?