



Help a child wrestle worries and fears

- Ask and listen
- Write out worries
- Sort into 2 stacks – can/can't control

It helps kids when adults provide acknowledgement and practical strategies for coping with the worries and fears that are a normal part of life.

Here's how to give them some help and support:

1. Pick a good time to talk with your child about any worries.
2. Write down the worries and talk about each in turn. "So, you're worried about doing well on your math test?" or "It sounds like you're worried that nobody on the soccer team will like you."
3. Sort the worries into two stacks – can do something about and can't do anything about. Put each in a separate jar or bowl. "You can't control whether people like you – except to be your wonderful self!" but "You certainly can study for math 30 minutes a day so you're prepared."
4. Brainstorm solutions together and write them down, putting the plan in the appropriate jar.
5. A few days or a week later, get together again to talk about the worries. "Still worried? How did the plans work?"
6. Make adjustments and try again.