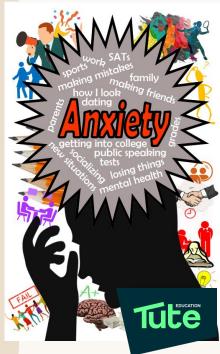
Anxiety Checklist for Parents and Carers



Help your child's anxiety with these simple steps:

- Normalise the feeling Remind your child that anxiety happens to everyone and doesn't mean something is "wrong". Knowing it's normal can make big feelings feel more manageable.
- Listen before you try to fix Offer calm reassurance: "I understand why that felt hard." Feeling heard helps children settle and opens the door to problem-solving together.
- **Keep routines steady -** Simple, predictable routines around sleep, meals, and lesson preparation help children feel grounded and reduce the "unknowns" that can make anxiety grow.
- Talk little and often Use light, everyday chats to explore feelings ask what felt easy or tricky or use creative prompts ("What colour is your worry today?").
- Stay calm and co-regulate Your tone, pace, and presence help shape theirs. A slow breath, a softer voice, or "We can work through this together" can help them feel safe.
- **☑ Break tasks into smaller steps -** Reduce overwhelm by making tasks more manageable: log in early, prepare materials in advance, or do a quick check-in before lessons.
- Create a simple "Worry Plan" Agree on small supports they can use, like grounding techniques, a phrase to say if they're struggling, a trusted adult, or a calming object nearby.



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