

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.

