

# Answering Anxious Questions

## 5 TIPS FOR FAMILIES



Taking a minute for co-regulation will help you both feel calm; to put you in a better place to find answers to their question.

## Be Curious

It's okay to explore deeper to develop understanding. This can help you find ways to problem solve together.



## Time to Talk

Setting aside time to check in and talk about feelings can reduce worries building up.



## Facts not Fiction

Being open and honest will reduce your child needing to fill in the gaps with their own assumptions and catastrophising.

Aim to accept your child's questions, feelings, or thoughts. **Validate** how they feel to show that you have heard them.

