



## Sharing worries

as well as the good things that have happened during the day together as a family can help to validate and normalise feelings.

**Spending time together** to list worries and work through them one at a time enables us to organise thoughts and feel more in control.

Allowing your child to share **their ideas** on what will help them, will make success more likely and builds their independence.

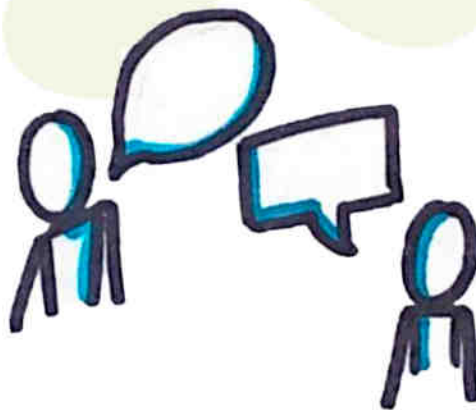


Making a **'worst case scenario' plan** together can help everyone to acknowledge challenges and feel supported with how to face them.



# 5 TIPS FOR FAMILIES

Work together with the education setting to make a plan for going back, trying to put some of the child's suggestions into place so that they feel **heard and valued.**



.... thinking about going back to school for children and young people with anxiety ...

