

## Talk about Worries

This is likely to be an anxious and worrying time for lots of children returning to pre-school and school.

Talking to your children about their worries can be a really insightful and freeing experience for both the child and parent.

For younger children sometimes looking for clues in their play can be useful as we know children express themselves through play.

Here are some books about worries which you could read with your child, which should be available in your local library:

1. "The Huge Bag of Worries" by Virginia Ironside
2. "Bad Day" by Ruby Roth
3. "Ruby's worry" by Tom Percival

### **Some questions to ask your child whilst reading together;**

- What are some of the things that can worry you?
- What does worry feel like in your body?
- What can I do to help you when you are feeling worried?

Remember your response to your own worries, stress, and frustrations can go a long way toward teaching your children how to deal with everyday challenges