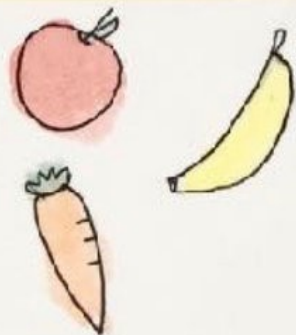


Anxiety

5 TIPS FOR PARENTS/CAREGIVERS:

1 Start with the BASICS

- ensure healthy eating habits
- begin practicing bedtime routines



2 Listen to your child

- empathize and normalize their feelings/fears
- ASK, "What worries you?"



3 Role-play AND Problem solve

- DON'T say "you'll be fine!" or "don't worry!"
- DO practice scenarios and model appropriate responses



4 FOCUS ON THE POSITIVES

- ask what THREE things they're looking forward to
- go back to school shopping with them and let them choose their supplies!
- Buy their FAV snacks ♥



5 MODEL confidence AND comfort