

# BLOW AWAY Your Worries

What are you worried about? Write it down in the bubbles. Take a deep breath in...and a deep breath out...as if you are blowing your worries away.

# DISCUSSING BACK TO SCHOOL WORRIES WITH YOUR CHILD

## THINGS TO REMEMBER

- ◆ **Worries are normal.**  
The goal is not to avoid worry but to help children learn how to manage it.
- ◆ **Keep your own worries in check.**  
Learning to manage your own worries can help you be present for your child.
- ◆ **Discussing worries do not amplify them.**  
Generally, discussing worries with children helps relieve their fear.



## A FEW QUESTIONS TO START THE CONVERSATION

- “What are some things you are looking forward to about school?”
- “When you think about the first day of school, what comes to mind?”
- “What feels hard about going back to school?”
- “What makes going back to school easier or better?”
- “Is there anything you wish you could change about going back to school?”

### LISTEN

Avoid minimizing feelings: “That’s not a big deal” or “Why are you worried about such a silly thing?”

### LIMIT SOLUTIONS (TO START WITH)

Avoid jumping straight to solutions. Give kids time to vent their feelings. Then brainstorm together: “What are some ways you could handle that?”, “Would you like me to suggest some ideas for that situation?”

### ASK NON-JUDGMENTAL QUESTIONS

Avoid leading with questions that could be seen as judgemental or that children probably cannot answer: “Why are you so worried?” “Why do you feel that way?”

### HELP THEM FEEL CONNECTED AND SAFE

Reinforce your love and support. “Is there anything I can do to make the first day easier for you?” “I’ll be thinking of you when you are at school.”, “I’ll be waiting right by the bus stop when you come home from school.”

## Mindset is everything. Teach it early.

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I purchased the growth mindset kit for my daughters and I have seen such great changes in the way they view obstacles. They are more open to finding solutions. I also use them in my therapy sessions."

- Alexandra D."

★★★★★

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"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!

- Katharine B.

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