

Anxiety

- Provide structure and routine to let your child know what to expect. This is particularly important at times of change and transition
- Use visual supports or Social Stories to prepare your child for situations they find difficult
- Try calming activities (e.g. time with special interests) before and after activities your child finds stressful
- Do relaxation exercises together such as breathing deeply to help your child relax
- Think sensory – reduce sensory input if it is becoming overwhelming, and provide sensory input if they need it (e.g. a tight hug)
- Stay calm yourself and remember that your child is probably feeling scared
- Provide time to talk about your child's worries. Often sharing their worries can help to ease them
- Let your child know that anxiety is a normal feeling



Common causes of anxiety

- Changes in routine
- Difficulty understanding social situations
- Sensory information
- Talking about feelings