

# WORRY TIME FOR CHILDREN

Often worries can be uncontrollable and excessive and can interfere with a child completing daily activities. Worry time is a strategy which can help your child to feel in control and manage their worries more effectively. Follow the steps below which you can practice with your child.



## 3. REFOCUS

When your child experiences the worry, work with them to come up with strategies that will help them focus on what they are doing in the present moment. Help them to pay attention to what they were doing before they started worrying



## 2. WRITE

When your child experiences worries during the day make sure they write it down in a notepad or on a piece of paper. Make them aware that they will have time later to think about the worry



## 1. PLAN

Choose a daily time and place with your child to worry. Think about the length that your child would like to worry for (20mins). Make sure the location is comfortable, quiet and relaxing

## 4. PROACTIVE

If your child is struggling to stay in the present moment, help them to think of practical, fun and pleasurable activities that they could engage in



## 5. WORRY TIME

Before worry time begins make sure your child is comfortable and happy with the location that you chose

## 6. WORRIES

When worry time occurs, make sure your child is only worrying about the things which they noted down. In worry time your child can speak to you about their worries and work with you to problem solve some of them. If your child is no longer experiencing the same worry, just tell them to cross it off of their list. Once worry time has finished come up with a method to get rid of the worries (E.g crossing them all out)



## 7. PRACTICE

Worry time takes practice. It is important that you take time with it and support your child with the process

