
Parent & Carer Anxiety Support Toolkit

When your child feels anxious, remember:

 *Listen first, fix later.*

 *Validate feelings before offering solutions.*

Section 1 – Conversation Starters



- “I can see you’re feeling worried — want to share what’s on your mind?”
 - “If your worry was a picture, what would it look like?”
 - “What’s the smallest step we could take together?”
 - “On a scale of 1–10, how big is this worry?”
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Section 2 – Calming Tools



- **5–4–3–2–1 Grounding:** 5 see, 4 touch, 3 hear, 2 smell, 1 taste.
 - **Balloon Breathing:** Slow breath in (nose), slow breath out (mouth).
 - **Muscle Relax:** Tense for 5 sec, release (toes → head).
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Section 3 – Support Steps



1. **Acknowledge** — “I understand this feels scary.”
 2. **Pause** — Breathe together.
 3. **Break It Down** — Small steps, not big leaps.
 4. **Encourage Action** — Gentle exposure to the worry.
 5. **Reflect** — “What went well? What did we learn?”
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Section 4 – Daily Habits

- Consistent **sleep & meal routine**
- **Movement** every day
- **Limit screens before bed**
- Share **one good thing** daily



Section 5 – When to Get Help

If anxiety lasts weeks, causes physical symptoms, or stops daily activities:

 GP / Paediatrician

 School counsellor

 CAMHS or mental health professional



 *You're doing great — your calm helps their calm.*
