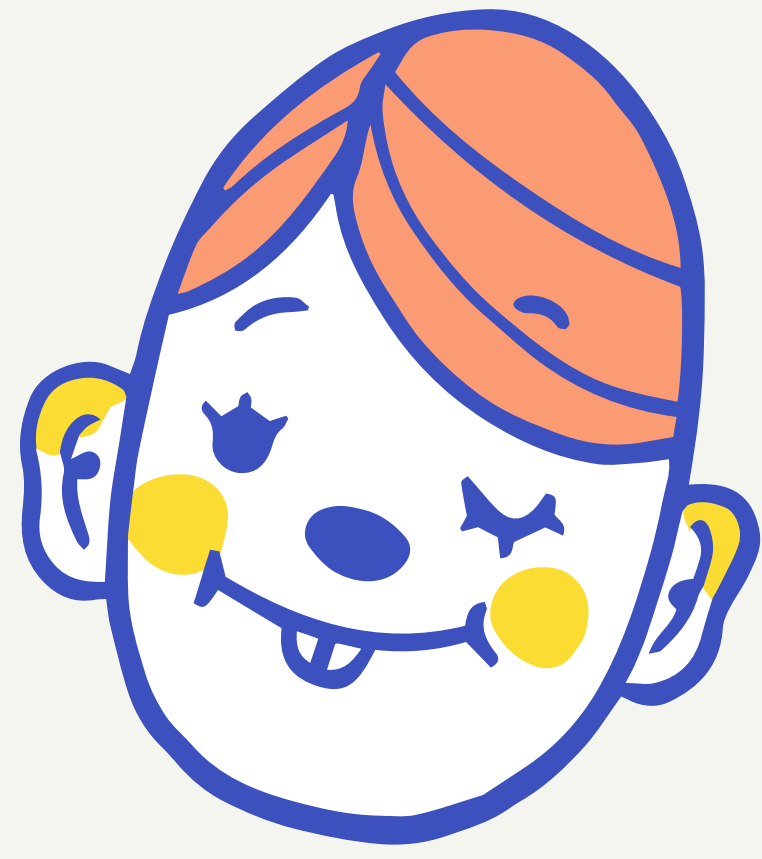


Managing your child's worry

Grounding Techniques



If your child responds to stress with a flight response:

Running away
Keeping super busy
Needing to be first
Bumping into people
Avoiding tasks or games
Baby talk / silly voices
Hyperactive/ giddy/ silly
Hiding under tables

Try these:

Happily find me hiding
Deep breathing
Crunchy foods
Give me an easy or familiar task
Tug of war game
Make me a safe space

If your child responds to stress with a fight response:

Hot & bothered
Angry & aggressive
Controlling
Lie or blaming
Shouty & argumentative
Pushing away friends
Demanding
Flexible

Try these:

Give me something important to do
Climbing/ hanging/ swinging
Chewy foods
Make things predictable

If your child responds to stress with a freeze response:

Not interested
Talking about something else
Hard to move
Not listening
Stubborn
Staring into space
Clumsy

Try these:

Deep breathing
Spinning on a swing
Digging in garden or sand
Jumping on trampoline
Climbing or hanging
Rolling or cycling down hill

