

EASE at Home (Grades K-3)

Strategies to help children cope with anxiety

Sometimes it's hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is happening to make their worries grow.

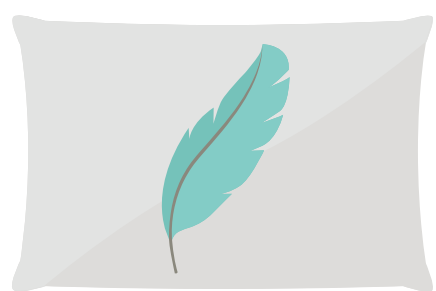
Creating Rhythms and Routines

What is it?

When the world feels upside down, following a schedule that includes some calming routines can help create a sense of order. Routines don't have to be elaborate and can include small acts that create moments of connection and comfort for your child.

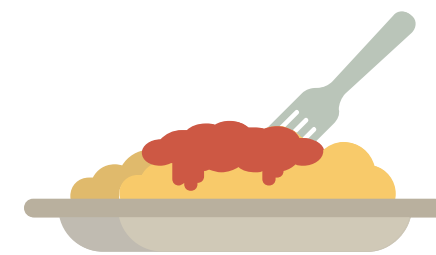
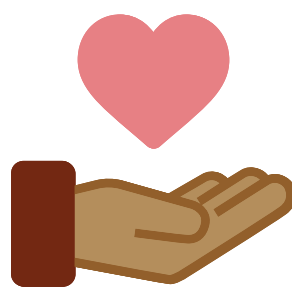
How?

Involve your child in creating a **daily schedule** that works for your family. Make sure to include time for fun, creativity and quiet time. With younger children, map out the day using pictures or drawings. Establish some new routines or revisit old favourites. Examples include:



Have a five-minute morning snuggle to discuss dreams from the night before.

Before eating dinner, ask everyone to share one thing they're grateful for or one thing they learned that day.



Have a certain meal on a certain night, like Taco Tuesdays or Spaghetti Sundays.



Schedule time for bubble baths with a candle or make time for cultural practices you enjoy doing together.

Sing the same song every night at bedtime.



Hint: Having regular reminders of what's coming next will help minimize upsets when it's time to transition from one thing to the next.



everyday
anxiety
strategies for
educators

EASE at Home is a collection of classroom resources that have been adapted for parents and caregivers to help children manage anxiety and worries at home.

