EASE at Home (Grades 4-7)

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.

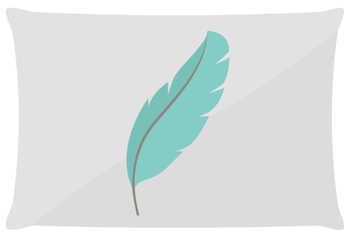
Creating Rhythms and Routines

What is it?

When the world feels upside down, the repetition of routines and a regular schedule 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?

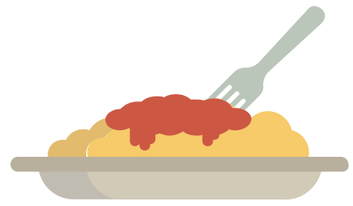
Involve your child in creating a daily schedule that works for your family. Make sure to include time for fun, creativity and quiet time. Print and post a schedule or try out a scheduling app. Establish some new routines or revisit old favourites. Examples include:



Have a special one-on-one connection time in the morning and before bed.

At dinner, ask everyone to share one thing they learned or one thing that surprised them that day.





Have a certain meal on a certain night, like Taco Tuesdays or Spaghetti Sundays – invite your child to help or even take over the cooking on these nights.



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

Older children still find comfort from the routine of bedtime rituals and may want to be read or sung to again even if this hasn't happened in a while.



Hint: Having regular reminders of what's coming next will help smooth transitions from one thing to the next.

ease — 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.

BRITISH COLUMBIA

The EASE at Home activities include a sampling of resource links from other sources. The views expressed within these links are the sole responsibility of those sources.