

Calming Strategies Worksheet

Child's Name: _____ Month/Year: _____

Use this worksheet to think about what works best for your child. Assessing how you've been interacting with your child can help you think about what to try next. Your child may have helpful insights, so look for a calm moment to brainstorm together. Filling out this worksheet can also help you prepare to talk with your child's teacher or doctor.

Your child's temperament

Do any of these descriptions sound like your child?

- ☐ My child has always been anxious.
- ☐ My child used to be pretty easygoing and started showing signs of anxiety fairly recently.
- ☐ Separation anxiety was a big issue in preschool.
- ☐ Separation anxiety is still an issue with my child.
- ☐ My child is anxious in social situations.
- ☐ My child has one or more relatives who show signs of anxiety, including: _____

Other: _____

Tips

- Many parents take a wait-and-see approach with anxiety, hoping it's a phase their child will grow out of. But early intervention may be especially helpful for kids who started showing signs of anxiety at a young age.
- Sudden changes in kids' personalities, such as shifting from laidback to tightly wound, may be a sign something specific is causing the anxiety and can be addressed with targeted interventions.
- Anxiety can run in families. That's why it's helpful to think about your child's family history.

Calming strategies for your child

What helps ease your child's anxiety?

	Helpful	Not helpful	Not sure
Quiet time alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quiet time with a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hearing the voice of a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being hugged or held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tips

- Some strategies work well for some kids but not for others. For example, knowing about an upcoming event can create a lot of anxiety for some kids, so it may help to wait until closer to the date to tell them about it. For other kids, that approach would be a disaster—they may need several days' notice to prepare themselves for the event.
- During a calm moment, ask your child which strategies seem to make things better or worse.

Calming strategies for yourself

What helps you stay cool during heated moments?

	Helpful	Not helpful	Not sure
Leaving the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Counting to 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercising daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tips

- Many parents don't realize how much their behavior may be fueling their child's anxiety.
- "Stay calm" is one of the easiest things to say—but one of the hardest things to do!
- Taking notes can help you see which strategies help you keep your cool.