How to support your child if you’re stressed from financial worries.

**Block 1: Respond:**

Children often pick up on anxiety and don’t understand it. Being responsive can help them feel secure even when circumstances are uncertain. Try and stay emotionally available, even when you’re stressed. Offer comfort and reassurance “I know things are hard right now. You are safe and loved”

**Block 2: Engage:**

Engagement helps protect against big feelings like worrying about what will happen next. Spend positive time together that doesn’t cost money (walks, games, cooking together). Try and keep to routines as this creates stability. And stay connected to supportive friends and family.

**Block 3: Relax:**

Stress impacts everyone’s nervous system. Relaxation routines help keep anxiety from escalating. You could build calming moments into your day – deep breaths, quiet time, bedtime stories. Encourage relaxation for the whole family too.

**Block 4: Play:**

Play builds resilience and supports healthy brain development – which is especially important in difficult times. You can use play to let off steam by visiting the park together. Find joy in simple things like singing and being silly.

**Block 5: Talk:**

Talking helps children process their worries rather than feeling confused. Talk honestly about what’s happening and give names to the feelings they feel so they understand. This gives reassurance.

**For more information, please visit** [**FamilyHubsLeicestershire.org.uk**](https://leics.sharepoint.com/sites/fivetothrivefamilyhelp/Shared%20Documents/03%20Phase%201%20-%20Family%20Help%200-19%20%28Sept%202024%20-%20March%202025%29/resources/FamilyHubsleicestershire.org.uk)