

Empower - Menopause and Cancer Survivorship Pathway

Coping with Young Children

Tips and Advice

Worry Monster

Purchase a toy that child would like and suggest you tell them to tell the Worry Monster their problems. Be with the child when they are telling the Worry Monster their anxieties and you play the part of the Worry Monster sharing tips and advice to the child. Try it at bedtime during part of your bedtime ritual (2-3 minutes) with your child, can apply to all ages!

Special Play Time

- Same place, time, and day; consistent as much as possible (only 10 mins or once a week for 45 minutes)
- Clear beginning and end. Time warning (e.g. 3minutes). Then on to something pleasant.
- The child is the centre of your universe.
- No expectations, corrections, teaching. Be a follower. Try to see the play through your child's eyes.
- Reflective not reactive. Be a 'commentator' I see you like that. You chose the red one, you look pleased.
- Never used as threat / withdrawn as 'consequence'.

Emotional Support:

Worry Box, Worry Monster - purchase a toy that child would like and suggest you tell them to tell the Worry Monster their problems. Be with the child when they are telling the Worry Monster their anxieties and you play the part of the Worry Monster sharing tips and advice to the child.

Bedtime Rituals

Two Way Diary Shared Resourcing – for older children you can try a two-way diary – you both write and read what the other is thinking, time to digest and not be reactive, and to ease all those big feelings, and be reflective.

Share information - developmentally appropriate.

Play Partner:

Be the Centre. Send children on play quests/tasks/errands

Screen time, snuggle nests

Story books (lost and found, overcoming worries, mastery)