



Mini Worksheet: One Step at a Time

Notice one way you might support your child's anxiety and plan one small step to encourage coping while staying connected.

Step 1: Identify One Accommodation

Think of a recent situation where your child was anxious. What did **you do** to help them in the moment?

Situation: _____

What I usually do: _____

Does this help short-term, long-term, or both? _____

Step 2: Set One Small Goal

Choose one small change to try this week that supports your child's independence while maintaining connection.

My goal: _____

Step I will try: _____

How I will stay connected: _____

Step 3: Reflection After Trying

Date: _____

What I did: _____

How my child responded: _____

Notes/Reflections: _____

Tip: Start with one small step. Each attempt helps your child build confidence and resilience while keeping your connection strong.