



## 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.