

# What (NOT!) to say to your worrier!

Try not to...	If you say....	They will think..	Instead you could try...
<b>Ignore it!</b>	<i>Don't be silly! You're fine!</i>	<i>No one else feels like this! What is wrong with me? No one understands me!</i>	<i>Everyone feels a bit nervous with new things. It's ok. You can still have a good time!</i>
<b>Join in!</b>	<i>You are upsetting me!</i>	<i>This must be REALLY bad if mum is upset too!</i>	<i>It will be ok. This is the plan...</i>
<b>Bribe them!</b>	<i>If you are brave I will buy you an ice cream later..</i>	<i>This must be a scary place if dad is going to give me a prize for staying here!</i>	<i>When I come back, we will get an ice cream and you can tell me ALL about your day!</i>
<b>Predict the worst!</b>	<i>If you really don't like it, you don't have to come back..</i>	<i>I don't want to come back! I am NOT going to like it!</i>	<i>I think you will do some really fun things today!</i>