

Keep the Conversation Going



Today's show was generously funded by
The Vermont Department of Mental Health

Today, your child saw a presentation from Vermont Family Network's Puppets in Education on the topic of **Anxiety**. Students heard essential information and asked a lot of great questions.

You can continue this discussion at home! Research suggests when parents and schools collaborate on children's learning and problem-solving development, it deepens their knowledge and increases retention. It also reassures children that there are adults who care and will listen to them.

Resources

[The Mind Child Institute](#)

Anxiety and Depression
Association of America ([ADAA](#))

[Anxiety Canada](#)

Vermont Family Network's
informational PDF about [Anxiety
Disorders in Children](#)

Contact Us

For more information about Puppets in Education, or to suggest or request resources, or to share a story of impact, please contact Karen Sharpwolf at karen.sharpwolf@vtfn.org

Vermont Family Network

We empower and support all Vermont families of children with special needs. If you want to know more about how we can support *your* family, please reach out to us at info@vtfn.org

Try these questions to get the conversation started!

- Worry is normal! Everyone experiences it, but sometimes it can get in the way of things we want and need to do. Talk about a time when it got in the way for you and how you successfully navigated it (both kids and adults).
- The puppets personified Natalie's worry as a big octopus so she could talk to it. Does your worry look like something? What shape is it? What color? Can you draw it?
- The puppets talked about tools to use when worry is big. Try each of them together. It's good to practice when your worry is small, so it's easier to use them when your worry gets big.
 - **Stand up to worry** (I can handle it! I've got this!)
 - **Busy mind** (What game/song/craft can you do?)
 - **Calm breath** (practice taking deep belly breaths)
 - **Talk to a grownup** (who are your safe grownups?)
 - **Move my body** (What can you do to move your body?)
 - **Not yet** (How can you take a break to feel better?)
 - What are some other tools you can use?
- We all have worry. It can be useful, but if it feels too big, we can make it smaller and more manageable.



For more information about our programs, or ways we support families, please visit www.VermontFamilyNetwork.org or call (800) 800-4005

