

Take time to listen, be present allowing your child to share anxieties and worries. Remove distractions and background noise.

Tune into what your child's behaviour is telling you.
Validate difficult feelings but hold your boundaries
e.g. "It's ok to feel anxious but it is not ok to shout at
your sister."

Take notice of how your child responds to routine.
Break down routine into simple, manageable steps.
Do daily tasks in the same order, every day.

Build a regular family mealtime that is focused on connections and conversations; avoid food pressure and rewards or sanctions around food.

Help your child have a good night's sleep. De-clutter the bedroom, introduce a calm-down time before bed to relax. Avoid screens for a minimum of 1 hour before bed. Have a consistent routine e.g., bath, pjs, story, bed.