


# THE WORRY LOOP IN CHILDREN

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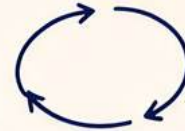
## WHAT IS HAPPENING

The brain is trying to protect your child. But the way it does this can trap them in a worry loop. 

### WHAT IS A WORRY LOOP?

A worry loop happens when a child gets stuck thinking about something bad that might happen.

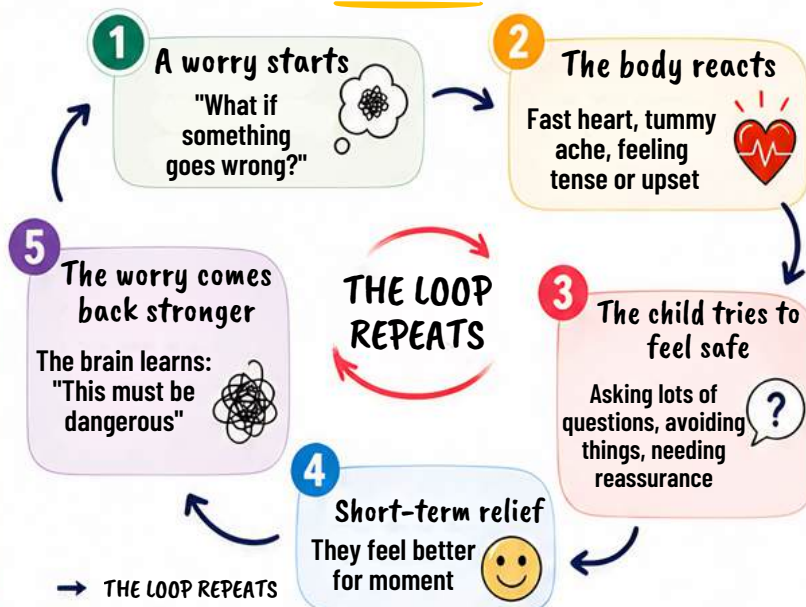
The thought keeps going round and round, and each time it feels more real and more scary.



### COMMON SIGNS IN CHILDREN


-  Asking the same question again and again
-  Avoiding school, sleep, or activities
-  Saying "what if" often
-  Needing constant reassurance
-  Trouble sleeping
-  Physical complaints like headaches

### HOW IT USUALLY LOOKS



### WHAT KEEPS THE LOOP GOING?





-  Too much reassurance
-  Avoiding the worry
-  Trying to remove all uncertainty
-  Adults "fixing" the problem straight away

 These help in the moment but teach the brain the worry is dangerous, so it keeps coming back.




### WHAT HELPS BREAK THE LOOP

- 1. Name the worry**  
"That sounds like a worry, not a fact."
- 2. Stay calm and steady**  
Children borrow your calm.
- 3. Limit reassurance**  
Answer once, then gently repeat:  
"We have talked about this. What do you think?"
- 4. Allow some uncertainty**  
"We cannot be 100% sure, and that is okay."
- 5. Encourage facing fears (step by step)**  
Small, manageable steps build confidence.
- 6. Focus on coping, not removing worry**  
"You can handle this feeling."

### HELPFUL PHRASES TO USE


-  "That sounds like your worry talking."
-  "What could you do if that happened?"
-  "You have managed this before."
-  "Let's be brave together."

### WHAT YOUR CHILD NEEDS MOST

-  Calm, not panic
-  Support, not rescue
-  Confidence, not certainty



## REMEMBER

Worry is a normal part of growing up. Avoiding fears keeps worry strong. Facing fears, step by step, helps it shrink. 

Children learn best when they face fears with support - not when fears are removed. 

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