**Questioning VS Reassurance**

‘Forget about it & do something else’

What is reassurance?

‘It will be OK’

‘You’ll be fine’

‘It doesn’t matter’

‘Don’t worry about it’

‘You’re being silly’

‘It’s not worth worrying about‘

‘Nothing is going to happen’

‘It’s OK Mummy/Daddy is here’

This is a Normal & Natural response

It helps in the specific moment but it can be UNHELPFUL!

Why do we want to **AVOID** reassurance?

* Leave the person feeling un-heard. They are sharing their worry but we are effectively ignoring it
* They may feel dismissed
* Their worry does not matter and is not important
* Their worry is silly (which may cause MORE worry!)
* Reassurance = MORE reassurance seeking which = vicious cycle of reassurance
* They don’t learn that things will be actually be OK
* Will not be able to face their worries without us telling them they will be OK
* If always hearing ‘Mumm/Daddy is here’ we can’t blame them for worrying if they aren’t

Why is using **questioning** better?

* Helps child to learn to cope themselves
* Encourages problem solving
* Helps them to face their fears
* Allows you a break from the constant ‘what if…’
* Validates & normalises their worry

Questions to use instead

Reassurance to avoid

‘What do you think is going to happen?’

‘You’ll be fine’



* Praise
* Put their worries to the test
* Take their worries seriously
* Make sure you understand
* Avoid drawing conclusions for your child
* Make an action plan (especially if that worry could come true!)

‘Could something else cause this situation?’

‘Do you think your worry will come true?’

‘What would you tell someone else if they had this worry?’

‘Could something different happen?’

‘How strong is your worry out of 10?’

‘Has this happened before to you/someone else?’

‘What makes you worried about X?’

‘What is your worrying telling you?’

‘It’s not worth worrying about‘

‘It doesn’t matter’

‘It’s OK Mummy/Daddy is here’

‘Don’t worry about it’

‘You’re being silly’

‘Forget about it & do something else’

‘It will be OK’

‘Nothing is going to happen’