

Examples of When-Then Statements

Supporting an Anxious Child

The 4R Response Method

When my daughter asks the same question over and over, then I will...

To REGULATE

...repeat my mantra, "His worries don't always make sense. They don't have to."

...say to her, "It seems like you can't get that question out of your mind. Would you like a hug?"

To address the ROADBLOCK

Whether she says yes or no, I will stop talking and just be present as she's releasing her Yuck. Once she starts to come down from the Curve, I will see if I can help her focus her attention on something "safer."

To let them ROUND the Curve

When my son is worried about going to his new class, I will

To REGULATE

...remind myself, "trying to convince him not to worry doesn't help. I take pressure off of myself and just be with him."

To address the ROADBLOCK

...say to him, "Change can be scary. You don't have to be alone with this feeling."

I will sit silently and give him time to recognize he's safe in this moment. When I sense that he feels that way, I can ask him if he wants to talk about ways to get through the transition.

To let them ROUND the Curve

When my son says he doesn't want to go to a friend's house (even though I know he does), then I will

...use my mantra, "Be here for him, even when it doesn't make sense to me."

To REGULATE

...say, "Something about your friend's house doesn't feel right."

To address the ROADBLOCK

Then I will wait until he seems to want to talk.

To let them ROUND the Curve