CHECKLIST

Talking to your child about recovery: a checklist for parents

- [ ] Prepare a short explanation in words your child can understand for their age
- [ ] Choose one weekly outdoor activity and commit to it without cancelling
- [ ] Identify a trusted adult your child can talk to about their worries
- [ ] Answer their hard questions honestly without over-sharing adult details
- [ ] Let your child lead small decisions during shared activities
- [ ] Watch for signs of distress such as withdrawal or behaviour changes
- [ ] Arrange counselling support if anxiety persists beyond a few weeks
- [ ] Keep promises, especially small ones, to show your words match your actions
- [ ] Acknowledge mistakes quickly without excuses when you fall short