



## Auntie Flo helps Worry-Bot ...



**Worry-Bot:** I don't understand why my friends aren't playing with me.



**Auntie Flo:** It is never very nice when we feel that we are being left out  Have a think. ....

Have you had a falling out or said something that could have been mean? Maybe they don't know you want to play, how could you ask them? If you a feeling really sad, speak to your teacher or the teacher on duty and they will help you.



**Worry-Bot:** I'm worried about school work.



**Auntie Flo:** Why? Is it too difficult? Do you find it hard to understand? The best thing is to speak to your teacher and they will help you. Sometimes teachers don't know if you are finding it hard!



**Worry-Bot:** My parents are getting divorced.



**Auntie Flo:**  It is always sad when mummies and daddies fall out. You worry that everything will change! Nothing will stay the same!

It is important to remember that your mummy and daddy love you very much and that they want you to be happy. If they are not happy when they are together then you will not be happy either.

Things will change – but remember! Change does not have to be bad – it can be full of exciting and wonderful new things.

The most important thing to remember is to talk to your mummy and daddy about how you feel. If you are finding it very difficult your parents or the grown ups at school can spend some time talking to you about it to help you understand things a bit better.



**Worry-Bot:** My brother/sister is going to a new school.



**Auntie Flo:** How exciting! A change or something new can be a bit worrying but it doesn't mean it is going to be bad. Imagine how your brother/ sister may be feeling too? How could you help them?





**Worry-Bot:** My pet has died.



**Auntie Flo:** I am very sorry to hear that you have lost such a special friend. You may feel sad that you won't get to spend more time with your pet but it is important to remember all the happy and special times you got to spend with your pet. Talk to your mummy or daddy and let them know how you are feeling. Sometimes it is good to build a memory box so that you can remember your pet every time you hold it.



**Worry-Bot:** I'm going to a new school.



**Auntie Flo:** How exciting! Think about all those friends you are going to meet! Your friends are going to miss you here but will be so happy to know that you are getting to do lots of new and exciting stuff, meeting lots of new friends. And remember — you can always call or write!



**Worry-Bot:** My mum is having a baby.



**Auntie Flo:** How exciting! You are going to be an amazing big brother or sister. Think of all the fun things you can teach your new brother/ sister.

Speak to mummy about how you feel. If you feel worried then mummy may have a book showing you how the baby is growing in her tummy. Mummy is going to need a lot of help choosing clothes and a name, maybe you could help. Babies can be very tiring so your job is even more important now — being a great big brother/ sister and showing mummy how helpful you are.

