

Afraid of a New Place



Mia didn't want to leave the house. Today she was supposed to meet her mum in a new park, and the idea of going somewhere different made her feel scared. "What if I don't like it there?" she whispered to her family access worker, Tom.

Tom knelt down to Mia's level. "I understand, Mia. New places can feel a bit scary, but I'll be with you the whole time, and we can go slowly," Tom said kindly. "If you want, we can even explore the park together first before we meet Mum."

Mia nodded, still holding Tom's hand tightly. When they arrived at the new park, Tom pointed out all the fun things they could do. "Look, there's a pond with ducks! And there's a big tree with lots of shade. Let's go see if we can find any acorns," Tom suggested.

After they explored a little, Mia started to feel better. When Mum arrived, Mia was ready. Tom suggested they feed the ducks together, and soon, Mia and Mum were laughing as the ducks waddled up for some bread.

Tom stayed nearby, making sure Mia felt safe. By the end of the visit, Mia was smiling. She hugged her mum tightly. "That wasn't so bad after all," she said softly, and Tom gave her a thumbs-up. "You were so brave today, Mia. I'm really proud of you."