

## Feeling Too Shy to Go



Noah woke up and felt a knot in his stomach. Today, he was supposed to go see his dad at the park, but he felt too shy and a bit scared. “What if I don’t know what to say?” Noah thought, hugging his favorite teddy bear.

The family access worker, Emma, noticed how quiet Noah was when she picked him up. She knelt down beside him and smiled. “It’s okay to feel a little shy, Noah. I’m here to help, and we can take it one step at a time,” Emma said gently. She held out her hand. “How about we bring your teddy along? He can come on the visit too!”

Noah nodded and held Emma’s hand tightly as they walked to the park. When they got there, his dad was waiting with a big smile and a picnic blanket. Emma stayed close to Noah, giving him time to feel comfortable.

At first, Noah stayed close to Emma, clutching his teddy. Emma started a little game of catch with Dad using a soft ball. Slowly, Noah joined in, and soon they were all playing

together. Noah's dad cheered when Noah caught the ball, and Noah couldn't help but smile.

By the end of the visit, Noah was sitting next to his dad, showing him his teddy bear's special tricks. Emma smiled, knowing Noah had taken a big step today. "You were so brave, Noah," she said, and Noah felt proud as they walked home.