

# Concern vs Urgency

## When care starts turning into pressure



### Concern sounds like

- Let's slow down.
- What support might help?
- We don't have to solve this today.
- What could be underneath this?
- How can we reduce pressure?



### Urgency sounds like

- We need to fix this now.
- They're falling behind.
- This can't keep happening.
- Why aren't they coping?
- We need immediate change.

**Pressure can sometimes sound like care - even when it overwhelms the child.**



### What changes when urgency takes over?

- Children can feel watched instead of supported.
- Support can become pressure.
- Adults may respond faster instead of listening deeper.

# Reflection & Reset

---

## Reflection Prompt

- What might this child need before more pressure?
- Are we responding to fear or actual urgency?
- What would happen if we slowed this down?
- Is the child feeling supported - or managed?

**What feels most important to pause and reconsider here?**

---

---

---

---

---

**Slow is not stuck. Slow is supported.**