



TIPS FOR HELPING CHILDREN WITH ANXIETY (FOR PARENTS)



- *Validate feelings; say, "I'm sorry you're feeling worried."
- *Help your child identify their worry thoughts.
- *Help your child notice how worry shows up in their body and is a signal to activate their calming strategies (ex. breathing, reading).
- *Keep worry talk to a minimum (and never at bedtime!); the more you discuss worry, the bigger it grows.
- *Look for opportunities to face fears instead of avoiding them.
- *Remind your child that what they say to themselves matters; practice (with them) positive, helpful, empowering self-talk.
"I can cope with this feeling. I can do this!"
- *Be mindful of your own stress level; model self-soothing.

