

Supporting Your Anxious Child

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Anxiety is a normal part of life, but as a parent, you can play a key role in helping your child manage their anxiety. Here are some practical tips to support your child through anxious moments:

- ❖ Model calm behavior during anxiety-provoking situations: Children learn from their parents' reactions. Stay calm and show them how to handle stress effectively, which will give them confidence to do the same.
- ❖ Encourage deep breathing exercises or relaxation techniques: Teaching your child simple techniques like belly breathing or mindfulness can help them feel more in control when anxiety spikes.
- ❖ Instead of reassuring your child, empower them. For example: "You can do hard things even if you're nervous the whole time."
- ❖ Resist the urge to constantly reassure your anxious child or solve problems for them, as this reinforces the idea that they cannot handle uncertainty or discomfort.
- ❖ Set small, achievable goals: Break down larger challenges into smaller steps. Celebrate small victories to build their confidence in tackling more difficult situations.
- ❖ Provide positive reinforcement when they attempt to manage anxiety: Whether they fully succeed or not, praise their effort to face their fears. This encourages persistence and resilience.
- ❖ Model healthy behavior by demonstrating your willingness to face discomfort and uncertainty. This shows your child that these experiences are manageable and normal. For example: "I'm nervous about a presentation at work, but I know I can handle it, and If I mess up I'll remind myself that everyone makes mistakes."

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