

Helping Your Child To Manage Their Anxiety

Validate their feelings.

Tell your child that it is OK to feel anxious, scared or upset.



Ask your child to **draw** a picture or **write** about what worries them. It's sometimes helpful for the child to tear it up and throw it away.



Help your child create a picture in their mind of a **place where they feel happy and calm**. Encourage them to go to this place in their minds when they begin to feel anxious.



Reassure your child that you are there and willing to help. Remember, **touch** sometimes works better than words.



Try some **physical activities** with your child - belly breathing, star jumps, punching a punchbag, stress balls, running, jumping, or blowing bubbles. Let your child choose what works best for them so they can use it when they are anxious.



Remember, **pets** can help. Petting an animal can help relieve anxiety for children and for parents too!



Spend time thinking about **possible solutions** with your child and remember to encourage them to practice these strategies when they are calm.



Remind your child of when they have **managed their anxiety** in the past. Show that you are confident that they can do it again.

