

TIPS FOR SUPPORTING KIDS WHO FEEL ANXIOUS

TIPS FOR PARENTS:

- Talk to your child about how they are feeling. Acknowledge that their feelings are valid and that you are there to support them. Keep an open conversation about how they are feeling.
- Establish a time of the day or week to discuss what your child is worried about. When your child has worries, have them write the worries down and put them in a jar. You can then go through them together during the time or day you have chosen.
- Manage your own anxieties. Different life circumstances can leave us all feeling anxious. Our kids can pick up on this, so it is important to keep your conversations age-appropriate and reassuring.

WHAT TO SAY:

- "I am here for you."
- "Let's work through this together. How can I help you?"
- "I know this is hard."
- "You are safe. I am here."
- "What is your worry telling you?"

WHAT NOT TO SAY:

- "Stop worrying."
- "Get over it."
- "This isn't a big deal."
- "I don't understand what you're so worried about."
- "It's fine."

COPING STRATEGIES FOR ANXIETY:

- Help your child start a gratitude journal. Gratitude is a great way to combat anxiety.
- Practice deep breathing together.
- Encourage your child to write or draw pictures about how they feel during this time.
- Find activities that help your child feel calm like reading, drawing, exercising, or connecting with friends.