

# 8 Worry Busting Tips To Support Childhood Anxiety



Positive Young Minds

*If your child's anxiety is severe, persists and interferes with their everyday life, it's a good idea to get some help. A visit to your GP or discussion with school is a good place to start.*

## 1. Acknowledge



Acknowledge the anxiety and take the time to talk it through. Avoid suggesting that there is nothing to worry about or trivialise the worry.

## 2. Toolkit



Develop an anxiety toolkit. Together, mind map lots of different things that your child can try if they are feeling anxious.

## 4. Perspective



Put worries in to perspective. Small things seem like big problems to the average primary child. Learn to categorise these worries into their actual size.

## 3. Probability



Many children have worries that are highly unlikely to actually happen. Discuss things that will happen such as grazing your knee, in comparison to something highly unlikely such as an earthquake.

## 5. Situations



Don't always avoid situations that may cause anxiety. It may be worth seeking out situations to support your child with something that makes them anxious e.g. find a friend with a friendly dog if this is a concern.

## 6. Reflect



Reflect on your child's lifestyle – are they getting enough sleep? Outdoor play? Down time? Enough water? A balanced diet? Is there too much screen time?

## 8. Model



Model how to manage anxiety effectively. Share ways that you use to calm down or feel better. Consider whether you are showing anxiety to your children and develop ways of reducing this. Children are perceptive and pick up more than you realise.

## 7. Respect



Respect your child's feelings. When discussing the anxiety, try to avoid statements like, 'you're getting too old to be scared of that'. Listen and support with positive strategies.

For a more comprehensive write up of the information on this infographic, Please view the accompanying blog post at:

[www.positiveyoungmind.com](http://www.positiveyoungmind.com)