



## Supporting Your Child When They Are Feeling Anxious

Some level of stress can be motivating and helps us better prepare for situations. Feeling anxious is a normal reaction to stress. However, it is good to find out if your child is coping well. Try using conversation starters such as, "You seem anxious. Let's talk about it."

If your child expresses that they are having difficulty coping with anxiety, you can try these tips:



**1 Encourage your child to take slow, deep breaths.**

Imagine your lungs are two balloons filled with air. Breathe in slowly and deeply to expand your lungs, and breathe out slowly to let all the air out.



**2 Acknowledge your child's struggles and encourage them to express their worries** through drawing or writing if they find it difficult to talk about it.

Sometimes, it is hard to talk about our troubles. Let's try drawing or writing down your worries instead.



**3 Break down the situation with your child** to understand the cause of their fear or anxiety.

Could you share with me which part of the <situation> scares you?



**4 Discuss possible ways to approach the situation** while reminding them to continue trying other options if their chosen option does not work.

Every attempt is a learning experience. What are the different solutions that we can explore?



**5 Guide your child to focus on what they can control** and let go of what they cannot control.

This problem feels large and overwhelming. Which parts of it are under your control and you can do something to solve it? Clear your mind of the worries outside your control by writing them down and crossing them out.



**6 Role model and share with your child how you cope with your stress and anxiety.**

When I approach a scary situation, I start with addressing the simplest part of the problem.



**7 Take a step back** and let your child figure things out for themselves while remaining close so they can reach out for help if they need it.

It sounds like you have a workable solution in mind. Let me know if you need any help with it.



**8 Encourage your child to try new things**, and assure them that they have your support.

Let's try <new thing> together! I am here to support you.