

# WITH ME MIND

## Anxiety



### Top tips for parent to help children manage anxiety

- Remember anxiety is completely normal and expected in children
- Praise and reward brave/positive behaviours and give less attention to the undesirable behaviours
- Be specific about what you are praising (e.g. I really like it when you share nicely with...)
- Encourage participation and try to reduce avoidance of feared situations - make avoidance boring
- Talk to school/teachers about things that work and the things that do not
- Maintain routine as this increases predictability (do not be too rigid with routine as children need to handle a certain level of uncertainty/change)
- Encourage a balanced diet (avoid caffeine) and support regular exercise to burn off excess energy
- Practice mindful breathing together
- Set aside a restricted amount of time each day for worry and use a physical way of getting rid of them (e.g. worry monster)
- Be aware of how you communicate your own anxiety-children are very receptive.
- Promote independence in daily life
- Avoid offering too much reassurance and try asking questions instead (e.g. what are you worried about? Why do you think this is making you worry?)
- Normalise and validate your child's experience of worry and they are more likely to get more from their school and their education.