

BE KIND TO YOUR MIND

How can I help my child handle **anxiety**?



Anxiety is a natural human emotion and reaction to stress. However, when the worry and fear associated with anxiety interfere with a child's usual activities, he/ she may have anxiety disorder.

A CHILD WITH ANXIETY WILL LIKELY SHOW:

Changes in mood

irritable or unhappy, crying

Cognitive issues

Difficulty concentrating or easily becomes distracted

Behavioral changes

Avoidance of feared situations, withdrawal or trouble relaxing

Physical changes

Difficulty sleeping, tense muscles, multiple physical complaints, headaches or stomach aches



Tips to help an anxious child:

Gently and slowly encourage your child to do things he/she is anxious about instead of avoiding it

Praise and support your child's efforts for attempting to approach a feared situation

Create a Relaxation kit with toys, activities or items that help your child focus and calm down. Eg. colouring books, kinetic sand, swinging, fidget toys, favourite soft toy or blanket
Give your child **opportunities to observe** you handling your own anxiety in positive ways

Set aside 'worry time' - Set a specific amount of time each day to worry about fears and discuss them.

