

# Helping Your Child Deal With Their Anxieties

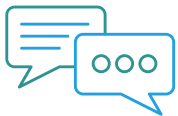
One of the ways we assist children is to build their confidence in taking (age appropriate) control of situations that affect them, in doing this we teach them that difficult emotions may not be pleasant but sometimes we have to live with them and that these feelings, although frightening and unsettling, can be manageable.



**Ask your child how they might deal with things**

By doing this we are allowing the busy brain to be constructively busy, allowing it to work on coming up with solutions as opposed to busying itself being worried.

Remember the importance of age appropriateness, a perfectly good solution to a child being upset or afraid is to tell an adult.

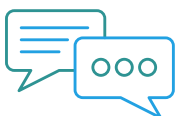


**ASK - Who might you want to tell? What if you couldn't get them? Anybody else? What might you say?**

If we help a child break BIG worries into small manageable worries, then we reinforce the idea that the world and more importantly THEIR world is not a scary place for them.

It is understandable that worries might arise for Parents and children in relation to Covid related concerns- more specifically the reintegration of "normal activities"

Respect a child's concerns and then aid them in coming up with solutions.



**ASK - what might help you feel less worried?**

Reinforce what they already know, but encourage them to say it themselves, eg washing your hands, covering your mouth with your elbow etc.