

THE *Counseling* CONNECTION

St. Hilary School
Ms. Becher and Mrs. Eldred

Some Suggestions for Helping Children Cope with Anxiety:

1. The goal is not to eliminate the stressors that trigger anxiety, but rather help the child tolerate it and continue to function as best they can
2. Don't avoid things just because they make a child anxious: this will only reinforce the anxiety in the long term
3. Express positive, but realistic expectations
4. Respect your child's feelings but don't empower them; listen and validate their fears yet encourage them to face their anxiety
5. Don't ask leading questions; instead of asking, "Are you nervous about the big test?" ask instead, "How are you feeling about the test today?"
6. Don't reinforce the child's fears
7. Encourage your child to tolerate their anxiety; let your child know that you appreciate the work they are doing to face their fears
8. Try to keep the anticipatory period short; if your child is nervous about a doctor's appointment, it is not a good idea to start a conversation hours before
9. Think things through with the child; having a plan can reduce uncertainty in a healthy, effective way
10. Try to model healthy ways of handling anxiety

December's Focus:

Helping Children Cope with Anxiety

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

"Free Your Child From Anxiety" by Tamar Chansky, Ph.D.



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Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

www.thepathway2success.com

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