



Paperflower Psychiatry

11 tips for parenting a child with anxiety

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Avoid wanting to "fix" their anxiety, focus on listening to their feelings

Model ways of handling anxiety

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Help them think of solutions - do not give them solutions

Allow extra time for transitions

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Shorten anticipatory periods - do not have a week heads up for a doctors appointment if doctors make your child nervous - two hours is sufficient

Modify expectations and demands

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Use validating expressions, "that must be really hard/scary" - "I will help you through this"

Avoid the news or other anxiety-provoking movies or shows

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Be flexible but also consistent with routine - do not allow to stay home from school due to anxiety, rather work with school to find solutions

Allow "worry time" where the child can use an hour to worry, then will need to stop and do something else

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Learn the levels of anxiety and help the child move down the anxiety ladder before working with them to find a solution

