



SCHOOL AGE

Managing Childhood Anxiety

Helping your child navigate their fears can be challenging, but with the right strategies, you can provide the support they need. This guide offers clear, practical steps to help you co-regulate with your child and build their emotional resilience. Together, you'll move from feeling overwhelmed to feeling empowered.

A free guide from maternity.app

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Normalize the Physicality of Anxiety.

Explain to your child that anxiety is just their body's alarm system being a little too helpful. When they feel a tummy ache or a racing heart, acknowledge it as a physical signal rather than a character flaw.

The Power of Validation.

- **Acknowledge worries.** Avoid saying 'you're fine.' Instead, try something like: 'I can see your worry is working hard right now. I'm right here with you.'
- **Build connection.** Use your words to validate feelings, allowing your child to know they're not alone in their experience.
- **Stay calm together.** Your calm presence helps reassure your child and fosters an environment of security.

- Explain that anxiety is a normal response.
- Practice validating your child's feelings.
- Introduce the 5-4-3-2-1 grounding method.
- Create a visual schedule to enhance predictability.
- Encourage naming their anxiety (e.g., Worry Wizard).
- Discuss the difference between feeling anxious and being anxious.
- Use calming breathing techniques together.
- Model your own ways of managing anxiety.
- Create a cozy safe space for emotional check-ins.
- Encourage regular conversations about feelings.
- Help them practice mindfulness or meditation.

Predictability as Medicine.

Anxiety thrives on the unknown. Use visual schedules or 'first/then' boards to help anxious children feel a sense of agency over their day.

MINDFUL MOMENTS

Introduce daily mindful moments, even if just for a few minutes. This can help your child learn to manage anxiety and feel centered.

Remember, you're not alone in this. With patience and love, you can help your child navigate their fears and emerge stronger.