

Anxiety Supports for Children

Anxiety is an emotion described by feelings of tension, worried thoughts and physical changes like a tummy ache. Anxiety is a normal part of everyday life, but if it interferes with learning and daily activities, parents may need to step in and provide supports for their child to overcome their anxiety.



Know the Warning Signs of Anxiety

Talk to a doctor if they last longer than 2 weeks

- Avoiding school
- Physical complaints
- Restless, fidgeting
- Meltdowns, outbursts
- Late/missing homework
- Repetitive behaviors
- Excessive worry
- Irritable or moody
- Low self-esteem
- Feeling overwhelmed
- Fear of embarrassment
- Difficulty concentrating
- Trouble sleeping
- Frequent nightmares
- Chronic fatigue
- Trembling/shaking
- Racing heart
- Dizzy or lightheaded
- Change in appetite
- Muscle tension or aches

Strategies to Help Your Child



Normalize & validate anxiety

It can help children understand that what they are experiencing is natural. Try saying: "This happens to me too. Want to take a deep breath with me?"



Work through it together

This helps the child know they are not alone, and you care about them. Try saying: "I'm here to help you through this. Here are some choices for how we can work through this together."



Self-Regulation for learning

Break down large assignments and tasks and use a timer to do small tasks, followed by a break. Try this: Consider using a calendar to keep track of assignments & homework.



Self-Regulation to find calm

Consider doing guided imagery, body relaxation, deep breathing and improving self-talk together. Try this: Help your child identify negative thoughts and replace them with positive affirmations like "I can try my best" or "It's going to be ok."

