

Helping Your Child Navigate ANXIETY

Support, Don't Solve

Anxiety is a normal response that can help us navigate challenges. The goal isn't to eliminate anxiety but to help your child manage it effectively.



Reframe Negative Thinking

Help your child notice when they're thinking in 'all-or-nothing' terms. Encourage them to see different possible outcomes instead of just the worst or best case.

Ask Open-Ended Questions

Ask your child to reflect rather than leading them to a 'yes' or 'no' answer. Ask: 'How do you feel about the test?' rather than 'Are you nervous?' to encourage reflection and confidence.

That sounds really tough. How can I support you?



Encourage Problem Solving

Help your child think through challenges on their own. Ask questions like, "What do you think could help in this situation?" or "What's one small step you can take?" This builds confidence and teaches them how to handle anxiety independently.



Validate, Don't Dismiss

Instead of rushing to solve the problem, acknowledge their feelings: 'That sounds really frustrating' or 'I can see why that would be stressful.'



Model Healthy Coping Strategies

Share your own stress management strategies—whether it's deep breathing, taking breaks, or problem-solving—so your child can learn by example.

Remember

Your role is to help your child build confidence in handling challenges, not to eliminate their worries completely. With support and the right tools, they can learn to manage anxiety in a healthy way.