



TIPS TO HELP AN ANXIOUS CHILD

1

SAY TO THEM:
"YOU ARE SAFE. I'M HERE WITH YOU."

2

"IT'S OKAY TO FEEL SCARED. I UNDERSTAND."

3

"LET'S TAKE SOME DEEP BREATHS TOGETHER."

4

ASK: "CAN YOU TELL ME WHAT'S GOING ON IN YOUR HEAD RIGHT NOW?"

5

"YOU'VE HANDLED TOUGH THINGS BEFORE. YOU'RE STRONG AND BRAVE."

6

"NO MATTER WHAT, I LOVE YOU AND I'M HERE FOR YOU."

