



Resources

<http://www.worrywisekids.org>

- Information for parents on anxiety. Much of the information for this brochure was pulled from this website!

<http://www.sesamestreet.org>

- Videos to watch together on anxiety and belly breathing. Some additional information for parents on separation anxiety.

<http://www.gonoodle.com>

- Exercise/dance videos to get out that stress! Also calming videos to teach breathing techniques and help your child relax.

<http://www.mindyeti.com>

- Calming videos to try together.

<http://www.parents.com>

- Several articles on anxiety in children and also one on yoga poses you can do together.

<http://www.anxietybc.com>

- Information and resources for parents about anxiety

How to Heal a Worry Wart:

Help for parents of anxious
children



Calming Activities to Try Together

- Do something active! Take a walk, play outside..exercise is a great way to calm and relieve anxiety
- Try some breathing activities. There are many ways to use breath to calm. Try googling square breathing, belly breathing, or balloon breathing for instructions.

- Try the 4 questions and turnaround.

1. Is the thought true?
2. Can you absolutely know that it's true?
3. How do you FEEL when you believe the thought?
4. How do you feel WITHOUT the thought?

Turn it around: 1. Find the thought's opposite

2. Think of 3 examples of how the turnaround is true in your own life

- Read a book! Here are some great titles dealing with anxiety for kids:

-Wilma Jean and the Worry Machine

-Wemberly Worried

-What To Do When You Worry Too
Much

Now Don't YOU Worry

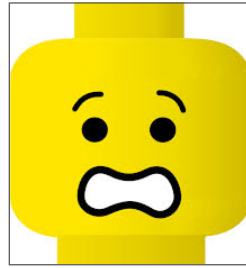
- It is perfectly normal for your child to experience anxiety and nervousness at times. Especially if he/she is facing something new or stressful.
- If your child is experiencing a typical fear or worry, it will usually diminish or disappear when he learns what to do in this new situation or when the stressor goes away.
- You can help your child through these periods by acknowledging and listening to her concerns, carefully correcting any wrong information she may believe, and helping her take small steps until she feels more confident.

When To Take Notice

- If your child's worries are starting to take over their life (or yours!), it may be time to take a closer look at that anxiety.
- Some warning signs that it may be more than just "typical worry" are:
 - distress that is more than the situation requires
 - this may show itself by crying, physical complaints, sadness, anger, frustration, hopelessness or embarrassment
- Constantly wanting to miss school due to imaginary illness
- Worrying days or weeks before an event occurs

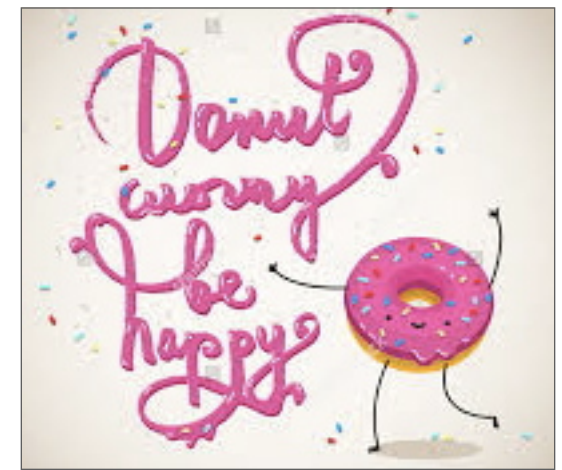
When To Take Notice Cont'd

- Not wanting to do anything that takes them away from their "safe" place, including things they used to enjoy (such as school, church, friends houses)
- Basically if your child's worries have begun to seriously impact his/her DAILY life it may be time to take a closer look!



Tips and Tricks

- First of all, don't be afraid to ask for help! If your child is experiencing serious anxiety it is a good idea to talk to your pediatrician and get support from your child's teacher and school counselor!
- Keep up positive expectations of your child. Don't give in to their worries. However, keep in mind that this may mean taking more time for things and may require you helping your child to set small goals. For example, if a child is worried about spending the night away from home start with just an hour away from home and build up from there.
- Encourage/praise the small steps they do make.
- Help them to feel confident by building on their strengths. Give them tasks they can accomplish on their own.
- Try not to take over tasks for your child. This sends the message that their worries are correct and they can't do it.
- Try not to pass on your own fears to your child.



Tips and Tricks Cont'd

- Acknowledge their feelings and help them figure out how to work through them on their own. A good time to talk through this is when they are NOT worried. Allow them to come up with and then test different calming strategies.
- Prepare your child for new situations in a positive or neutral way. Make sure they know about changes ahead of time and try to leave extra time to get places.
- Try role-playing with your child. What could happen both good and bad? How can you handle both?
- Set a "worry time" each day where your child can talk to you about all of the worries. Keep it to 5-10 minutes. Don't let your child talk to you about the worries unless it's worry time. Encourage him/her to write down their worries.
- Consider making a "worry box." See website below for instructions
<https://theschoolcounselorkind.wordpress.com/2013/07/24/the-worry-box/>
- Don't confuse worry with other inappropriate behavior. Make sure to set consequences and limits.