

Parenting Tips for Anxious Kids

<p>Expectations of Your Child</p> <p><i>It is important that you have the same expectations of your anxious child that you would of another child (to go to birthday parties, make decisions, talk to adults). However, understand that the pace will need to be slower and there is a process involved in meeting this end goal.</i></p>	<p>Build Your Child's Personal Strength</p> <p><i>It is important to praise your child for facing challenges, trying something new or brave behavior. Search to find avenues where your child can show they are good at something (music, art, sports).</i></p>
<p>Let Your Child Learn to do Things on Their Own</p> <p><i>While tempting, it is best not to take over or do it for your child. While this might help your child feel better right now, the message your child is getting is that you do not believe your child can do it.</i></p>	<p>Help Your Child Handle Their Own Feelings</p> <p><i>It is okay to let your child experience some anxiety. Your child needs to know that anxiety is not dangerous but something they can cope with.</i></p>
<p>Passing on Your Fears</p> <p><i>Try to keep your fears to yourself and as best you can present a positive or at least neutral description of a situation. Let them know that it is safe to explore.</i></p>	<p>Work Together as Parents</p> <p><i>It is important to work with your spouse to have an agreed upon way of handling your child's anxiety that you both feel comfortable with.</i></p>
<p>Consequences</p> <p><i>Do not confuse anxiety with other types of inappropriate behavior. It is very important to set both expectations and have limits and consequences for inappropriate behavior.</i></p>	