

10 TIPS TO HELP YOU MANAGE YOUR CHILD'S ANXIETY



Support your child to face their fears



Talk to your child about their worries



Teach your child some coping skills like relaxation



Help your child to problem solve



Role model helpful coping behaviours



Create a worry time each day for your child to deal with worries



Listen to what your child has to say



Be calm and patient when helping your child



Make sure they are eating healthy and getting enough sleep



Don't be afraid to seek out specialist help

 @BELIEVEPHQ

