

Helping Children Manage Anxiety



Krist Samaritan Center

- Manage your own anxiety. Children internalize our anxiety—slow down.
- Reassure, be firm and be protective as needed.
- Give limits—mean it when you say no. Limits give security.
- Listen—hear the worries or excitement, and reflect back comfort, calm and understanding.
- Cuing—Speak softly after gaining child’s attention. Ask child to tell you what he/she heard.
- Be appropriately open—include the child as appropriate.
- Allow the child to move away and come back as needed.
- Reassure physically.
- Provide predictable solutions and circumstances as much as possible. Communicate about changes and expectations.