



A Guide for Parents: Six Strategies to Help Children Manage Anxiety

The start of a new school year for a child with anxiety can be extremely stressful. Use these strategies to establish positive behaviors that build a framework for success in the months and years ahead.

1. Model confidence

Your confidence and calm behavior can ease your child's anxiety. Imposing structure (mealtime, homework, bedtime routines) will help as well. But if you feel your child is suffering from extreme anxiety, seek advice and help from teachers and mental health professionals.

2. Communicate

During this vulnerable time in your child's life it's especially important to keep communication open. If you haven't already done so, start setting time aside each day to talk about what challenges and new experiences they are encountering at school.



3. Talk with teachers

Teachers are allies and you should talk with them regularly. They can offer a valuable point-of-view including insights about learning difficulties, peer problems, academic achievements and close friendships. Some questions to get the conversation started: How is my child doing, academically and socially? Is there something I can do to help my child?

4. Help with homework

Structured "homework time" is important. Create a workspace, help your student clean out their backpack, review the day's assignments and ask if they have questions. This is a great time to observe your student's strengths and weaknesses. Stay positive and reinforce good study habits.



5. Listen to worries

Find a casual way to talk with your child about feelings and anxieties. Validate those feelings without judgment. Help formulate strategies to manage the specific challenges.

6. Praise specific behaviors

Build confidence by offering genuine praise for positive behaviors and problem-solving.

Source: childmind.org