 CTK Resource Corner

**Anxiety and Children**

Fearful and anxious behaviour is common in children – especially as they come across new situations and experiences. Most children learn to cope with different fears and worries.

However, they may need some extra support when:

•they feel anxious more than other children of a similar age

•anxiety stops them participating in activities at school or socially

•anxiety interferes with their ability to do things that other children their age can do

•their fears and worries seem out of proportion to the issues in their life.

**Strategies to support anxious children**

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem. By helping children avoid scary situations, you’re reinforcing and fuelling their anxiety. They’re also missing out on opportunities to develop coping skills and prove to themselves they can deal with the anxious thought or feeling next time it comes up.

The best thing you can do for your child is to help them learn how to cope with anxiety.

10 strategies to try:

1. Start by slowing down 6. Model helpful coping

2. Make time to worry 7. Help your child take charge

3. Climb that ladder 8. Be upfront about scary stuff

4. Encourage positive thinking 9. Be BRAVE

5. Have a goal 10. And finally, check your own behaviour

Remember, the goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life.

If you would like to learn more, visit the following website: <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety>

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