A PAUSE, A PRACTICE, A NEXT STEP

Parenting a Child With Anxiety

Help your child take a small step when worry gets in the way.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Listen and make a small plan

Name what you heard: “You’re afraid there won’t be a place for you to sit.” Ask, “Would you like to think of one thing you can try?” Let them help choose the step.

01 / Notice and reflect

Which safe activity does worry get in the way of? What does my child say is hard?

02 / Notice and reflect

What small step will we practice? When will we check in about how it went?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Call the pediatrician if fear keeps your child from school, sleep, friends, or daily activities, or if symptoms are getting worse. Ask them to check new or ongoing physical symptoms as well.

Read more: Child Mind Institute · Helping a child with anxiety

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.