MANAGING CHILD ANXIETY

GOAL:

To help your child build confidence when facing fears

1. **Recognize** helpful and unhelpful responses to fear.
2. **Evaluate** whether the danger is real or perceived.
3. **Create a plan** to tackle a perceived fear, one small step at a time.
4. **Introduce the plan** - "We are going to practice being brave."
5. **Reward** your child for being brave.
6. **Gradually** increase the challenge as your child becomes more comfortable.

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Growth begins where easy ends