Stay Calm
When your child begins to show signs of anxiety, remember to stay calm. Instead of reacting to your child's anxious behavior, try talking the uncomfortable situation through with them to relieve anxiety.

Praise Small Wins
Recognize and praise your child's small accomplishments. Acknowledging these accomplishments can provide positive feedback and encouragement, while decreasing anxious behavior.

Model Healthy Coping Skills
Children learn to deal with emotions from watching others. Make sure you are modeling healthy coping skills like coloring or deep breathing, to prevent long-term mental health challenges and help your child manage their emotions in a healthy way.

Understanding the Facts
One in seven 10-19-year-olds worldwide experience mental health conditions with depression, anxiety and behavioral disorders among the leading causes of illness and disability among adolescents. Don’t be afraid to reach out to school counselors, resource officers or mental health professionals to find resources to support your children.

Listen When Children Talk
Listen to your child and pay attention to their feelings. Being able to recognize and validate those different emotions can help your child feel heard and comfortable expressing feelings.

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4 At-Home Ways to Support Your Child’s Anxiety