

Helping Your Child Manage Anxiety

The Fear Ladder

The Fear Ladder helps children gradually face their fears. Parents can use this tool to break down a big fear into smaller, manageable steps. Start with something only slightly scary and move up the ladder as your child gains confidence.

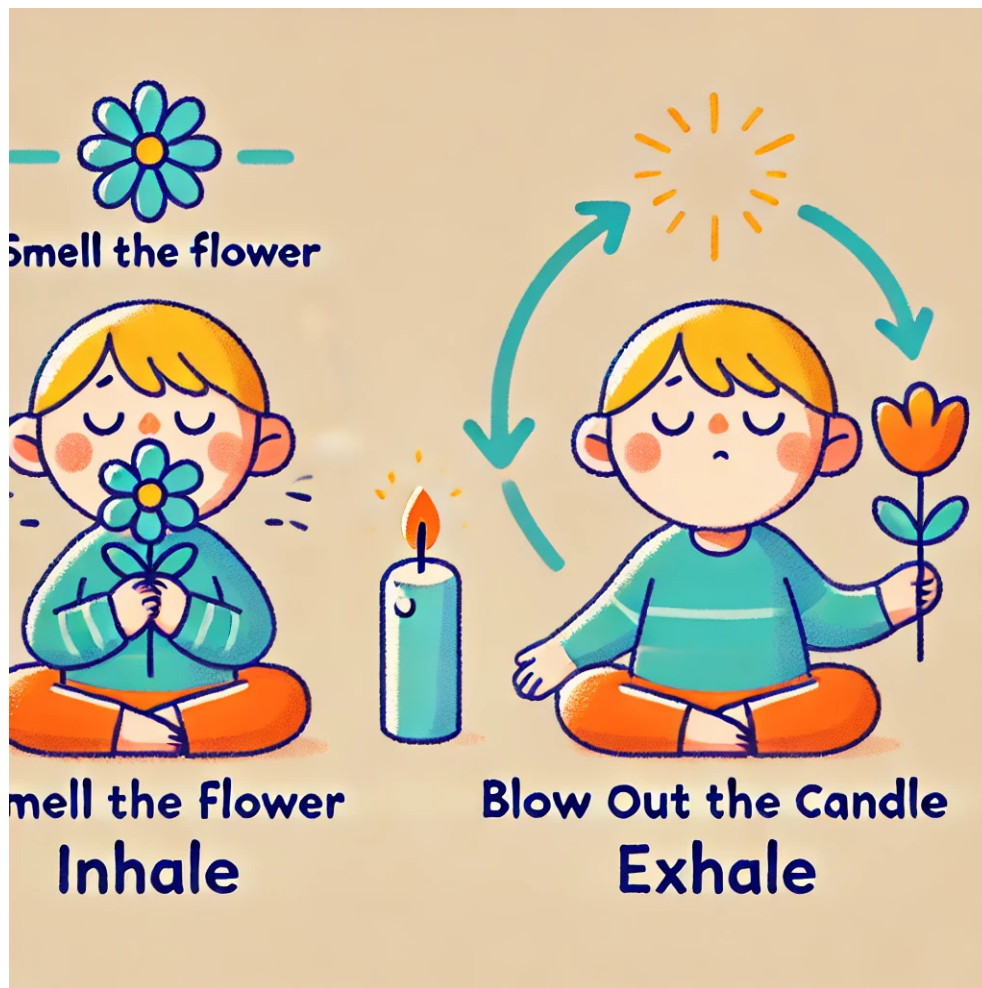


Deep Breathing Exercise

This simple breathing technique helps children calm down when they feel anxious:

- Inhale deeply through the nose as if smelling a flower.
- Exhale slowly through the mouth like blowing out a candle.

Practice this together to help your child develop self-soothing skills.



The Worry Scale

The Worry Scale helps children express how anxious they feel. Ask your child to rate their worry on a scale from 1 (calm) to 10 (very anxious). This helps them understand and communicate their feelings more effectively.

Worry Scale

