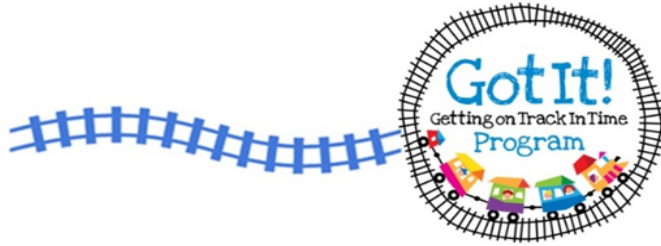


Got It!



Anxiety

Anxiety is a normal emotion, we all have it and it isn't always bad. But if it is stopping your child from enjoying regular activities then it is time to do something before it gets worse.

Tips for dealing with anxiety in your child:

- Discuss with your child what they are worried about and how realistic their fears are. *Is this a real alarm or is this a false alarm* going off in their brain? Remember the sense of discomfort and fear is very real to them even if their worry is unrealistic.
- Be *firm yet supportive*. Telling them to 'get over it' is not helpful but neither is allowing them to avoid the things they worry about.
- *Encourage bravery* and remind them of when they have shown this in other circumstances.
- Teach your child *self-soothing activities* like slow breathing, stretching or focusing on their five senses for when they feel worried.
- *Model healthy management of anxiety*, get support for your own or your child's anxiety. Start with your GP or by enrolling in the free online Brave Program.



Education for Parents:

<https://brave4you.psy.uq.edu.au/>

The BRAVE PROGRAM.