

EASE at Home (Grades K-3)

Strategies to help young children cope with anxiety during the COVID-19 pandemic and beyond

Sometimes it's hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is happening to make their worries grow.

Taking Brave Steps

What is it?

Parents and caregivers can help children understand that being brave involves taking small steps to slowly face their fears, one step at a time. Taking small steps is one of the most valuable tools to use when facing fears or overcoming a challenge. To learn more, visit Anxiety Canada's [Helpful Tips for Doing Exposure Exercises](#) and [Rewarding Bravery](#).

How?

While it is common to avoid situations that cause fear and worry, when children learn about bravery and how to take small manageable steps to face their fears, they learn that they can move through their fears.

Explore with your child what it means to be brave by reading picture books or sharing stories. Ask your child questions like "How did the characters feel? When have you been scared before trying something new or hard?". Some examples include:

[A Little Bit Brave](#)

by Nicola Kinnear

[Hector's Favorite Place](#)

by Jo Rooks

[Scaredy Squirrel](#)

by Mélanie Watt

Talk with your child about a realistic goal they would like to reach. Some examples may include sleeping away from home or going on a playdate. Encourage your child to draw a picture of the goal.

Discuss together what the first small step towards reaching that goal could be, and what other steps could come next.



Reflect and share with your child all the brave steps they have taken over the years to overcome their fears, such as going to the dentist or the first day of school. Photos can provide great memories. Let your child know how proud you are of them.



Everyday
Anxiety
Strategies for
Educators

EASE (Everyday Anxiety Strategies for Educators) is a collection of classroom lessons that have been adapted for parents and caregivers to help children manage anxiety and worries at home.

