



I will remember:

When my child is calmer, I will find opportunities to help them play with their fears.

My child might need a good cry to release some fears, worries and other big feelings. That's okay.

I won't always be able to help my child get over a fear. But I can show my child what bravery looks like, by facing my own fears, one step at a time.

I don't have to always protect my child from scary things. My job is to find small ways to gradually show them that scary things don't always mean danger or that something bad will happen.

Facing fears is hard and can take a long time. I will recognize and celebrate the steps my child takes, no matter how small.

**Things I can say with warmth and confidence when my child is feeling afraid:**

"I'm right here."

"Let's just sit here and watch." (Or let's go for a walk, take some calm breaths, shake it out, watch when two minutes are up, etc.)

"Of course this is scary! It's new and you're not sure what will happen yet. That makes sense."

"We all feel scared and nervous sometimes. It's okay."

"I can feel your heart beating. That was pretty scary, huh?"

"I remember when..." (share a time in the past when your child acted bravely)

"You can cry for as long as you need to. You are safe."

"Yes, this feels scary, and I know you can handle it."



**Note:** Sometimes children feel annoyed by these types of verbal encouragements. If this is the case, show your confidence in them through your calm and steady tone and body language.



For more ideas, see [Helping Your Child with Fears](#).