



To learn more about signs of anxiety, see [How Do I Know If My Child Is Anxious?](#)

I will remember:

When my child is anxious, it is natural for my own emotions to get stirred up as well. Before I respond, I will remember to pause, take a breath and connect with myself. I will ask myself, *What am I telling myself in this moment? What am I feeling in my body?* I will give myself a few moments to breathe into where I am holding tension.

My child's anxiety is making it difficult for both of us to think clearly in this moment.



I will try to remember that my child is being moved by powerful instincts to behave in ways that will make them feel more safe and secure. This usually means trying to hold my attention and stay close.

It is hard to see my child struggle with anxiety. I will be kind to and care for myself in the same way as I care for my family.



My child might need a good cry to release some anxiety and other big feelings. That's okay. I will be with my child, and my calm presence will help them settle down.

My child and I can draw strength and support from cultural practices and wisdom that support us. Although we might feel alone in this moment, we are not alone.

I know that my job is to help my child gradually face scary situations so their confidence grows (and they see that the big scary thing didn't happen!).



Things I can say, with warmth and confidence, when my child is able to hear me:

"I'm right here. You are safe."

"It makes sense that this feels big right now. It's new and you're not sure what will happen yet."

"It's okay to take some time to see what everyone is doing. Let's just sit here and watch for a bit."

"We all feel scared and nervous sometimes."

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

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

"It can help to do some belly button breathing—let's try together."



Note: Sometimes children feel annoyed by verbal encouragement. If this is the case, use your slow breathing, calm tone and caring presence to show them there is nothing to be afraid of. Singing, humming, rocking and distraction can also help.



Extra support

Anxiety can be a normal reaction, especially in new or stressful situations. Anxiety tends to come and go. If your child shows several signs of anxiety that interfere with daily life and last for a while, it may be helpful to look for **some extra support**.