

PARENTS TIP SHEET

Coping Skills to Teach Your Child

- **Deep Breathing**

Drawing in air by expanding the belly can help your child relax and reduce heart rate, blood pressure, and stress hormones.

- **Mindfulness**

Helping your child focus on what's around them, what they see and hear, can help pull your child away from the anxiety and ground them in the present moment. Doing activities together (playing a game) that can bring their attention into the present moment is another way to practice.

- **Coping Statements**

Teach your child to talk back to their worries—"Even though I'm scared, I can handle it." "I'm stronger than my worries."

- **Coping Ahead**

Teach your child that when you have to do something that makes you nervous, it helps to plan in advance how to help yourself in the moment. If you can push through it, it will get easier!

- **Acceptance**

Help your child acknowledge discomfort without fighting it. Ignoring, judging, or avoiding the anxiety will likely make it grow bigger and more powerful. Teach them that everyone feels anxious at times, and that it is OK to feel anxious. You can feel anxious and do things that are important to you anyway.