

5 SMALL STEPTS that can help your child overcome their fears.

By providing reassurance, modeling healthy coping mechanisms and increase self-esteem. These small steps have also been recommended by Dr. Ghannadpour. Give them a go!

1. Normalize and validate

Everyone experiences fears, and we don't want to get rid of fear completely – it serves a purpose. It's important to validate and provide reassurance and then suggest a solution. Don't shame a child for their fears.



2. Understand your own personal fears

Parents should notice and address their own anxiety since kids notice a parent's stresses and anxiety. Respond with calmness.



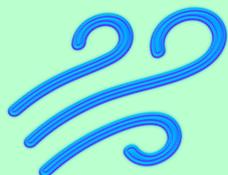
3. Be mindful of outside influences

Kids who tend to worry may watch the news. Be mindful of turning off and tuning out intense news stories. When there are especially distressing news stories, take a break from those.



4. Model coping skills

You can't fight through your child's fears for them, but you can model behavior. Take a deep breath and give your child a temporary distraction to get through that moment.



5. Increase exposure

One of the most effective treatments for anxiety is exposure to fear. Fear makes us want to avoid those situations; avoidance makes us feel better. If your child is fearful of going to a birthday party because he doesn't know anyone, then start small by inviting a few friends over to the house leading up to the party.

