

## Anxiety Recommendations

Worry is a caution signal; it's a problem if it has gone on too long or is debilitating.

Ask what is on the child's mind.

let the child know you understand.

emphasize that feelings are normal.

don't say 'not to worry'.

Guide child in active problem solving; don't tell them specifically what to do.

help child focus on positive things.

Comfort and sooth child.

Don't become overprotective.

Change negative thoughts into more positive, effective ways of thinking.

If you're anxious the child will be anxious.

Anxiety is 5.5X more likely if the child has ADHD.

Plan for transitions, but not too far in advance .

Don't avoid situations that are stressful for the child.

avoidance behavior is self-reinforcing.