



# 5 Tips & Tricks

## TO EASING CHILDHOOD ANXIETY

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Learn the main rules to remember when your child is alarmed.

### Rethink anxiety

The term anxiety has become too generalized. We are always anxious for a reason. Look for the reason behind the upset and recognize it for what it is: Alarm. Alarm can be turned off if we know what is powering it.



### Support Healthy Attachments

Rollo May said it best- "All anxiety is Attachment anxiety." Reduce the separations your child is facing by staying close, bridging, helping them move through their emotions and giving them the time and space they need to play and decompress.



### Normalize Alarm

We all feel alarmed and anxious at times- it's part of our neurology. Don't teach your children to suppress their alarms. Validate and normalize them. Tell them stories of when you've felt similarly. Help them find their courage in togetherness.



### Find acceptable substitutes for the behavior behind alarm

If your child's alarm presents itself in a behavior that is socially challenging, help them find other ways to express their alarm. Give them gross motor projects to engage their muscles or sit to a quiet task with them to help restore calm.



### Make space for tears

Tears are the healthiest expression of frustration, alarm and grief. Help your children find their tears and allow them a safe space to flow.



**Read and learn more on:**

[joyful-beginnings.org](http://joyful-beginnings.org)