



## Coping With Anxiety: Tips for Children and Teens

Often it is the fear of the unknown or something they cannot express in words that creates anxiety in children and teens. Here are some recommendations to help minimize the impact of trauma and anxiety on children:

- Create an open and supportive environment where your child knows he can ask questions.
- Give honest, age-appropriate answers and information. Repeat as needed.
- Acknowledge and validate your child's thoughts, feelings and reactions.
- Be reassuring, but don't make unrealistic promises.
- Help your child find ways to express himself.
- Be mindful your child is watching your response to events. Let your child know how you are feeling.
- Don't let your child watch lots of TV with violent or upsetting images.
- Establish a predictable routine and schedule.
- Don't confront your child's defenses.
- Coordinate information between home and school.
- Monitor for physical symptoms including headaches and stomachaches.
- Have your child evaluated by a trained and qualified mental health professional if needed.
- Help your child reach out and communicate with others.
- Let your child be a child.

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