

TOP TIPS TO RESPOND TO YOUR CHILD'S ANXIOUS BEHAVIOUR

Parental responses to children's anxious behaviour can have a huge impact. By using some of the following techniques, you can help your child build up their brave behaviour and develop their confidence in coping with and overcoming their fears.

Children find attention and praise very rewarding. The more brave behaviour is noticed and praised, the more children are likely to do it.

DON'T REASSURE

THIS ENCOURAGES CHILDREN TO RELY ON SOMEONE ELSE TO TELL THEM WHETHER A SITUATION IS SAFE OR DO-ABLE BEFORE THEY WILL TRY IT. OFTEN, THE MORE REASSURANCE YOU GIVE, THE MORE REASSURANCE YOUR CHILD WILL SEEK.

YOU CAN SHOW EMPATHY AND UNDERSTANDING BY ACKNOWLEDGING THEIR DIFFICULTIES AND COMMENTING ON THEIR ABILITY TO COPE

(I.E. "I CAN SEE THAT THIS REALLY WORRIES YOU, BUT I'M PROUD OF YOU FOR HAVING A GO")

EMPATHY & UNDERSTANDING

EVALUATE THOUGHTS

ASK THEM TO EVALUATE THEIR THOUGHTS AND HELP THEM TO FIND ALTERNATIVE ONES

USE SPECIFIC PRAISE TO ACKNOWLEDGE TIMES THEY ARE BEING BRAVE (I.E. "YOU WENT INTO CLASS TODAY WHEN YOU WERE RUNNING A BIT LATE. I KNOW THAT MUST HAVE BEEN SCARY FOR YOU BUT YOU DIDN'T LET IT STOP YOU. I'M REALLY PROUD OF HOW WELL YOU MANAGED THAT.")

SPECIFIC PRAISE

REWARDS

« USE REWARDS TO ENCOURAGE CHILDREN TO OVERCOME THE INITIAL ANXIETY ABOUT TAKING STEPS TOWARDS ACHIEVING THEIR GOAL. THEY DON'T HAVE TO BE EXPENSIVE, OFTEN SPENDING TIME WITH YOUR CHILD AND DOING A VALUED ACTIVITY WITH THEM CAN BE THE MOST MOTIVATING REWARD.

REMAIN CURIOUS

NORMALISE

STEP BACK, LET THEM HAVE A GO

MODEL BRAVE BEHAVIOUR

MAKE SUGGESTIONS, CHECK UNDERSTANDING

PICK YOUR MOMENT (WHEN CALM)