



How Parents Can Help

1. Open Communication

- Encourage your child to talk about their feelings.
- Validate their emotions without judgment, don't dismiss their feelings

2. Model Calm Behaviour

- Children often mimic adult coping styles – model calm behaviour even when your child is upset

3. Establish Routines

- Predictable schedules help children feel secure

4. Teach Coping Skills

- Deep breathing, mindfulness, journaling, or using a worry box.

5. Encourage Gradual Exposure

- Help your child take small steps to deal with what scares them

6. Limit Avoidance

- Avoiding things you're scared of can actually make your fear worse over time