

Say This... Not That

To Support an Anxious Child



Instead of Saying...

Stop worrying! You'll be fine.

I have to leave. I can't stay with you all the time!

Why are you so nervous? You've been here before.

Say This To Yourself....

Just because I tell her things will be fine, that doesn't she'll immediately believe it. Instead, I need to listen to her and show her that I believe everything will be fine.

She may feel out of control when I leave. Since I do have to go, I can help her find something to focus on that keeps her brain busy.

He gets uncomfortable in new places no matter how many times he's been there before. He just needs time to get used to it...not my judgment.

Say This To Your Child...

Tell me what you're worried about. I'll listen.

When I leave, can you keep working on the story that we started at dinner last night? I want to hear what you come up with when I come back to pick you up.

It's OK to feel nervous. We've seen that feeling goes away after a little while each time.