

Say This... Not That

To Respond Effectively to An Anxious Child



Instead of Saying...

Why are you asking so many questions? I answered you already!

You have to try new things, even if they scare you.

You're afraid of your teacher? But she's so nice!

Say This To Yourself....

If I already answered his questions and he's still asking more, then maybe it's not answers that he's looking for.

Just telling her that she has to try new things won't help her find the courage to try new things.

If his teacher really is nice, then there's probably something else that's scaring him.

Say This To Your Child...

You're asking a lot of questions. Are you feeling worried about something? Do you want me to sit with you for a moment?

What's the feeling you get when you try new things? Let's come up with some ways to deal with those feelings.

Can you tell me why you don't want to talk to your teacher?