

Supporting Children and Families Dealing with Anxiety

Regulate, Relate, Teach



What is the child Experiencing?



What does it Look like? What Might a Parent describe?

Change in sleeping patterns

Somatic challenges

Behavioral struggles

Social avoidance

Nonsense questions

Selective mutism

Self harm

Extreme response to brief
separation



What Caused it?

Genetics

Brain chemistry

Life situations

Learned behavior



Step One: Regulate

- Regulated adult
- Get below eye level
- Be aware of body language (soft eyes, RBF, tone of voice posture)
- Minimal words
- Mirror neurons activate
- Felt Safety
 - Physical & Emotional

Step 2 Relate

Empathize

Normalize

Encourage emotional processing

Step 3 Teach

Model use of possible strategies

Help child develop individual coping skills
and encourage repeated use

Reframing

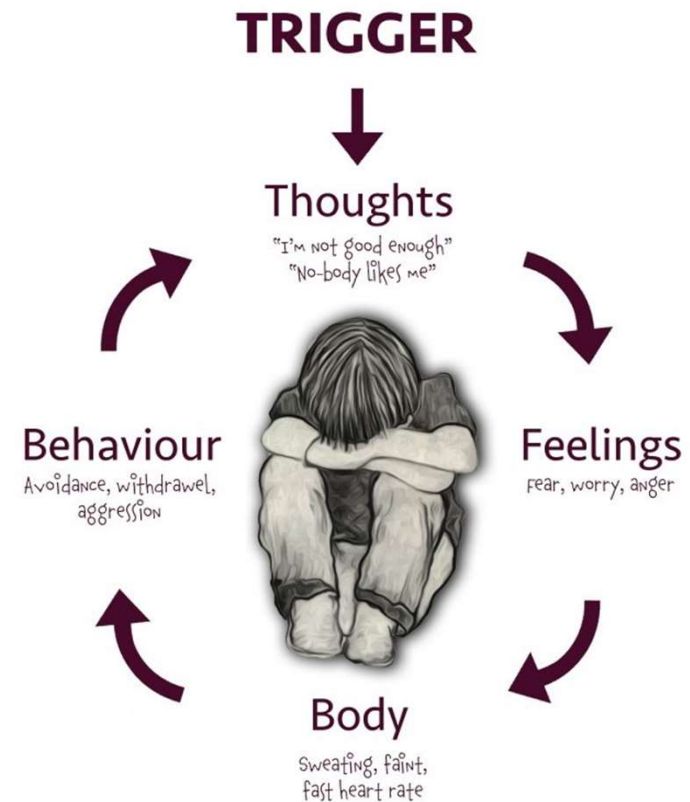
Activating thinking/upstairs brain

Build a Coping Kit

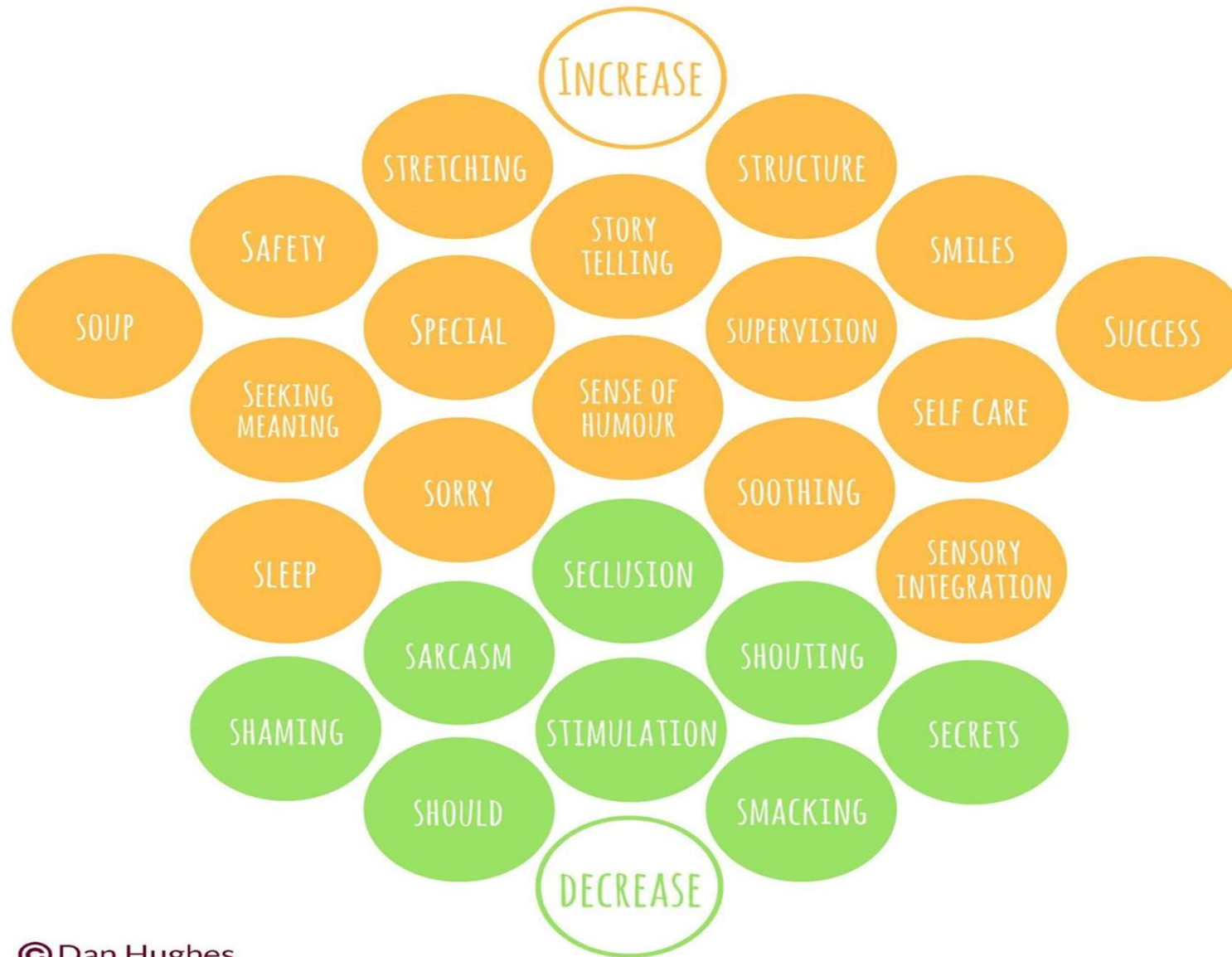
Worry Box

Selfcare

The Anxiety Cycle



Dan Hughes gives us his 24 S's for dealing with children who struggle with anxiety



Q&A

Resources

What to do When You Worry Too Much: A Kids' Guide to Overcoming Anxiety by Dawn Huebner, PhD

Social and Emotional Development in Early Intervention: A Skills Guide for Working with Children by Mona de la Hook, PhD

How to Parent Your Anxious Toddler by Natasha Daniels

Freeing Your Child from Anxiety by Tamar Chansky, PhD

The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World by Kate Hurley

The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears by Leonard Cohen

Encompass Online Learning System

