aspire psychological

Is Your Child Anxious?

Does Your Child Have:

Trouble Sleeping?
Due to excessive worrying.

Excessive Worry?
A tendency to seem excessively worried about future events.

Avoidance Behaviors?
A habit of avoiding situations or activities due to fear or anxiety.

School Anxiety?
Trouble going to school because of nervousness or fear.

Rule Following Problems?
Such as difficulty following rules or directions.

Irritability?
A tendency to become easily annoyed or irritable.

If you answered "yes" to these questions, your child could be struggling with anxiety.

6 Tips to Help Them

Establish Routines
Develop consistent daily routines to provide a sense of stability and security.

Communicate Openly
Listen without judgment and acknowledge their feelings. Let them know it's okay to feel scared.

Set Achievable Goals
Help your child set realistic expectations and break tasks into manageable steps.

Teach Problem Solving
Encourage your child to come up with solutions to their problems. Discuss and practice plans before anxiety-provoking situations.

Face Fears Together
Show confidence in your child's ability to succeed. Encourage them to face their fears with your support.

Avoid Enabling Anxiety
Don't give in to anxiety-driven demands. Help your child manage fears to foster independence and resilience.

Learn how our team helps with **childhood anxiety**

Need a Trusted Referral? We're Here to Help.

If a child's anxiety is interfering with daily life, or if parents feel stuck, call our team. No waitlist, and a free 10-minute call to see if we're a fit.



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This guide is for educational purposes only and does not constitute professional advice or create a therapist-client relationship. For concerns about your child, please consult a qualified mental health professional.