

How to Help Your Child Cope with Anxiety



Create an environment of trust and love.

Remind them that they can talk to you about anything. If they choose to discuss their struggles or worries with you, remember to listen actively, use open questions, and be reassuring in your responses.



Use your words and actions to support.

Your reactions are key to helping those in your care feel protected and loved. Tell your child you love them. Give them hugs or hold their hand. Allow them space when they need it, but remind them you are there for them whenever they need.



Listen to them.

Never underestimate the power of staying quiet and listening. Your child or young person will look to you for reassurance. Set your own feelings aside and give them the attention they need to feel seen, heard, and helped. This will increase their trust in you!



Validate their feelings.

Growing up is a highly emotional time. It is likely the emotions those in your care have are complex and confusing for them. Remind them that feelings like this are (typically) normal responses to stressful, painful, and sometimes difficult situations.



Screen time habits.

Too much time on phone screens, and especially social media, can negatively affect our mental health in various ways. Instead of restrictions, encourage the young person in your care to take breaks from their phone to develop some healthy screen time habits.



Take it slow.

A young person may not be ready to talk when you are. Explaining there will be other opportunities to connect may help them feel at ease, and could encourage them to approach you. It should never be a one-off conversation. The aim is to create a dialogue together.



Use open ended questions.

Consider the words you use. By starting with broad questions, it's easier to gradually become more specific with details. It also allows the young person in your care to have an active role in the conversation instead of 'yes' or 'no' answers.



Encourage online safety.

Engage young people in a conversation about keeping safe online by showing them how to block and report, and ask who they would talk to if something makes them feel uncomfortable. Use our Online Safety Centre together to help build resilience.

