

# Employee Assistance Program *Tip Sheet*

## Managing Fear and Anxiety in Children

Fear and anxiety are common parts of childhood, but when these emotions become overwhelming or persistent, they can interfere with a child's daily life. According to the National Institute of Mental Health (NIMH), anxiety disorders affect nearly 1 in 3 adolescents, often beginning in childhood. Early support and understanding from parents and caregivers are key in helping children build healthy coping skills.



Keep reading for helpful strategies to support children dealing with anxiety.

### Tips for Supporting Anxious Children:

- **Validate Their Feelings:** Let your child know it's okay to feel scared or anxious. Avoid dismissing or minimizing their emotions. Instead, offer reassurance and let them express their worries without judgment.
- **Create Routine and Structure:** Predictability helps children feel safe. Consistent schedules and clear expectations can reduce anxiety by providing a sense of control.
- **Model Calm Behavior:** Children often mirror adult reactions. Managing your own stress in healthy ways sets an example and helps children feel more secure.
- **Encourage Problem-Solving:** Help children think through their fears and develop simple, actionable steps they can take. This builds confidence and resilience.
- **Practice Relaxation Techniques:** Deep breathing, mindfulness, and physical activity can all help children regulate their emotions and calm their minds.

If your child's anxiety seems intense, persistent, or disruptive, consider reaching out for professional support. Your Employee Assistance Program (EAP) can provide confidential resources, counseling, and guidance to help your family.

Source: National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/health/topics/anxiety-disorders>



### Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

**24/7/365 PHONE:**  
1.833.539.7285

**WEBSITE:**  
SOWI.MyLifeExpert.com  
**CODE:** SOWI



Scan this QR code using your phone camera to go directly to the EAP website



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