

*HOW TO HELP
YOUR CHILD
MANAGE
ANXIETY*

Guide

**A Practical Guide for Parents
MG Global Coaching Academy**



Understanding Emotional Anxiety in Children

UNDERSTANDING ANXIETY IN CHILDREN

Anxiety is a normal response to stress, but when it becomes overwhelming, it can affect a child's daily life.

Helping children understand their feelings and learn coping strategies builds emotional resilience and confidence.

COMMON SIGNS OF ANXIETY IN CHILDREN

Children may not always express their anxiety with words.

Look for these signs:

- Frequent worries or fears, even about small things.
- Trouble sleeping, nightmares, or fear of being alone at night.
- Stomachaches, headaches, or other physical symptoms with no clear cause.
- Avoiding activities, people, or places that were once enjoyable.
- Sudden emotional outbursts or difficulty controlling emotions.
- Constant need for reassurance: "What if...?" questions.

HOW TO SUPPORT YOUR ANXIOUS CHILD

1 VALIDATE THEIR FEELINGS

Instead of dismissing fears, acknowledge them:

- "I understand that this feels scary for you. I'm here to help."
- "It's okay to feel this way. Let's take a deep breath together."

2 TEACH SIMPLE CALMING TECHNIQUES

Help your child learn how to self-soothe:

- Slow deep breathing: "Smell the flowers, blow out the candles."
- Progressive muscle relaxation: "Let's squeeze our fists tight, then let go."
- Visualization: "Imagine a peaceful place where you feel safe."

3 ENCOURAGE POSITIVE SELF-TALK

Replace anxious thoughts with empowering ones:

- "I am safe. I can handle this."
- "My feelings will pass, and I am strong enough."

PRACTICAL COPING TOOLS FOR ANXIETY

- The Worry Jar

Write worries on paper and place them in a jar to "let them go."

- Grounding Techniques

5-4-3-2-1 method: Identify things they can see, hear, feel, smell, and taste.

- Calm Down Kit

Create a small box with comforting items (a soft toy, essential oils, fidget tools, or a favorite book). **

- Movement & Play

Physical activity helps reduce anxious energy (jumping, stretching, or dancing).

WHEN TO SEEK ADDITIONAL SUPPORT

If your child's anxiety is persistent, interfering with daily life, or worsening, consider seeking support from a child-focused coach, therapist, or counselor. Guided strategies can help children develop stronger coping skills.

FINAL WORDS OF ENCOURAGEMENT

Your child's anxiety does not define them it is something they can learn to manage with the right tools and support. The most important thing is that they know they are not alone and that you are by their side. If you need additional guidance, MG Global Coaching Academy is here to support you