

## Strategies for Anxiety with Doone Estey

- ✚ Exercise
- ✚ One on one time with parent
- ✚ Affection
- ✚ Routine, schedule, lists, procedure on fridge, bathroom mirrors
- ✚ Sleep
- ✚ Deep breathing, yoga, meditation, visualization
- ✚ Find a buddy for child
- ✚ Support group for parent
- ✚ Enlist teacher support and peer help
- ✚ Organize, prepare, preview for situations, medical procedures (exposure desensitizes)
- ✚ Give children responsibility, control, ownership, choices
- ✚ Create a calm down space – with chair, fairy lights, book, music, snack
- ✚ Role play – What would you do if? (Someone calls names, teases, makes fun, etc.)
- ✚ Talk during an activity or at bedtime with the lights out to uncover hidden anxieties
- ✚ Don't dismiss, reflective listen, empathize, validate, brainstorm, problem solve
- ✚ Parent does all of the above for self and role models for child
- ✚ Get a pet?

Let your child own the problem as much as possible. Empower him by teaching skills. Demystify, discuss, be non-judgmental, normalize, let him tell his story.

Emphasize that most situations are manageable, that he can handle it, and that you have confidence in him.

SNAP – Stop Now And Plan – encourage child to stop and think while snapping fingers.

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