

Kids & Anxiety

A parent's starter guide

Every child worries sometimes. But when worry starts running the show (avoiding school, stomachaches before every outing, endless “what ifs”), it can be anxiety. **Here's the truth:** anxiety isn't weakness or bad behavior, and it's very treatable. Your support makes a real difference.

What anxiety can look like

- Stomachaches or headaches with no medical cause.
- Avoiding school, people, places, or new things.
- Repeated “what if” questions and needing reassurance.
- Trouble sleeping, clinginess, or fear of being apart.
- Irritability, meltdowns, or “shutting down,” especially in autistic and neurodivergent kids.
- Perfectionism or fear of making mistakes.

What can backfire

- ✗ Answering the same worry over and over. Reassurance loops keep anxiety going.
- ✗ Letting your child avoid everything that feels scary. Avoidance makes fears grow.
- ✗ “There's nothing to be scared of.” It dismisses the feeling.

What helps

- ☐ **Validate, then encourage.** “This feels scary, and I know you can handle it.”
- ☐ **Take brave steps, small ones.** Face fears a little at a time instead of avoiding them completely.
- ☐ **Practice calm when calm.** Slow breathing, counting, or a calm-down spot work best when practiced ahead of time.
- ☐ **Keep routines predictable.** Preview changes and transitions.
- ☐ **Protect sleep, food, and movement.** A tired, hungry body worries more.
- ☐ **Model it.** Talk through your own coping out loud.

When to get help

- Worry gets in the way of school, friendships, sleep, or family life.
- It has lasted for weeks, or keeps getting worse.
- Your child talks about hurting themselves or not wanting to be alive. **Call or text 988 right away, or 911 in an emergency.**

Support for your child, and for you

We provide counseling for children, teens, and adults, including neurodivergent kids, with practical tools for worry, regulation, and confidence, plus parent coaching so you know how to help at home.

Counseling is provided by Karmelyn T. Lee, Registered Mental Health Counselor Intern (FL IMH29564), under licensed supervision.

[Book a free consultation](#)

ACCEPT. UNDERSTAND. LOVE.