

1 Let Go of Assumptions

- Avoid making assumptions (e.g., “My daughter is procrastinating her homework today. She must be slacking off!”)



2 Observe to Understand

- Listen attentively to your children’s thoughts and feelings
- Observe their emotional status



3 Communicate with Empathy

- Understand your children’s difficulties from their perspectives



4 Give Space

- Give your children personal space to calm down and think clearly



5 Provide Necessary Support

- Do activities with your children that can relax their mind and body
- Show your children that you are willing to listen and discuss ways to cope with difficulties together



4 Take Care of Yourself

- Take good care of your emotions
- Appreciate your efforts
- Acknowledge your limitations



Managing Anxiety and Worries in Children

