

11

Ways Parents Can Help Their Anxious Child

<https://goodbyeanxietyhellojoy.com>

Understand That Anxiety Is An Illness

Seek Professional Help

Set Realistic Expectations

Stay Calm

Listen To Your Child

Present a United Front

Praise Positive Effort

Allow Extra Time

Be Your Child's Advocate

Build Their Confidence

Do Not Avoid Anxiety-Inducing Activities

