



😊 Anxiety Support Guide

Helping Kids Navigate Big Feelings with Calm, Clarity, and Courage

🧠 What Anxiety Can Look Like in Kids

- Frequent stomachaches or headaches
- Avoiding school, activities, or social situations
- Trouble sleeping or frequent nightmares
- Irritability, clinginess, or emotional outbursts
- Perfectionism or fear of making mistakes
- Asking repetitive “what if” questions
- Difficulty concentrating or completing tasks

💡 Note: Anxiety isn’t always loud—it can hide behind quiet behaviors too.

💬 How Parents Can Support

🧑‍🦲 Validate & Normalize

- “It’s okay to feel nervous. Lots of people do.”
- “Your feelings make sense. I’m here to help you through them.”
- Avoid saying “Don’t worry”—try “Let’s figure this out together.”

🧘 Build Coping Skills

- Practice deep breathing: “Smell the flower, blow out the candle”
- Use grounding techniques: “Name 5 things you can see...”
- Create a calm-down kit: fidget toy, soft fabric, emotion cards, coloring page
- Try body-based tools: stretching, yoga, jumping jacks, or “shake it out” dance breaks

📅 Create Predictability

- Use visual schedules or routine charts
- Prep for transitions with countdowns or preview conversations

- Offer choices to build a sense of control ("Do you want to start with math or reading?")

💛 Build Emotional Literacy

- Use emotion cards to name feelings
- Read books about worry and courage
- Create a "Feelings Journal" or draw your day
- Celebrate brave moments—even tiny ones

Visit www.Bumpstobigs.com for more information