



aspire psychological

# Is Your Child Anxious?

DOES YOUR CHILD HAVE:

## Trouble Sleeping?

Due to excessive worrying.

## Excessive Worry?

A tendency to seem excessively worried about future events.

## Avoidance Behaviors?

A habit of avoiding situations or activities due to fear or anxiety.

## School Anxiety?

Trouble going to school because of nervousness or fear.

## Rule Following Problems?

Such as difficulty following rules or directions.

## Irritability?

A tendency to become easily annoyed or irritable.

If you answered "yes" to these questions,  
your child could be struggling with anxiety.

6 TIPS TO HELP THEM:

## Establish Routines

Develop consistent daily routines to provide a sense of stability and security.

## Communicate Openly

Listen without judgment and acknowledge their feelings. Let them know it's okay to feel scared.

## Set Achievable Goals

Help your child set realistic expectations & break tasks into manageable steps.

## Teach Problem Solving

Encourage your child to come up with solutions to their problems. Discuss and practice plans before anxiety-provoking situations.

## Face Fears Together

Show confidence in your child's ability to succeed. Encourage them to face their fears with your support.

## Avoid Enabling Anxiety

Don't give in to anxiety-driven demands. Help your child manage fears to foster independence and resilience.

Aspire Psychological Group is a top psychology practice utilizing research driven, solution-focused techniques to help your child overcome their anxiety.



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