



aspire psychological

When Parents Are Anxious Too: How Pediatricians Can Help Families Break the Cycle

What Pediatricians Should Know—and What They Can Gently Say

SIGNS OF OVER-ACCOMMODATION

School & Activity Avoidance?

Letting the child skip school or regular activities due to anxiety or physical complaints.

Excessive Reassurance?

Answering the same fear-based questions repeatedly or soothing anxieties multiple times a day.

Trigger Avoidance?

Skipping crowded places, avoiding social situations, or speaking for the child to prevent distress.

Changed Family Routines?

Altering daily routines or giving in quickly to avoid meltdowns and keep the child calm.

4 TIPS TO HELP THEM

Validate Emotions

Calmly acknowledge your child's feelings without immediately trying to fix the problem.

Encourage Bravery

Gently encourage your child to face anxious situations with your steady support and reassurance.

Maintain Routines

Keep predictable daily routines to help your child feel secure during changes or transitions.

Use Visual Schedules

Create visual schedules to clearly show daily activities and ease anxiety about upcoming events.

WHEN TO REFER

If anxiety is disrupting a child's daily life—or if parents feel overwhelmed—consider referring to a child psychologist. We offer evidence-based therapy for children and teens, with parent-focused support to reduce anxiety through resilience, not avoidance.



Follow the *Aspire: Parenting With Confidence* channel on WhatsApp

Need a Trusted Referral? We're Here to Help.

If a child's anxiety is interfering with daily life—or if parents feel stuck—call my practice.



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