

Parent Talk

MARCH 2024

Anxiety in Kids

Anxiety is a very prevalent condition that impacts many kids. It's one of the conditions we most commonly treat at [our clinic](#)! As a caregiver of a child with anxiety, it can often feel as though you don't even know where to begin. A lot of caregivers we've worked with report feeling like everything they're doing is just making things worse. You don't need to figure it out alone! Read on for some tips you can implement to help your child with their anxiety.

Use Evidence-Based Treatments

First and foremost, the quickest and most effective way of helping your child with their anxiety is to set up a formal treatment plan with a qualified clinician. You'll want to make sure the clinician is well-versed in evidence-based treatments, or treatments that have been proven to work. Some examples of evidence-based treatments for anxiety include Cognitive Behavioral Therapy (CBT) or Exposure and Response Prevention (ERP). Make sure to read up on these methods so you can come prepared with a list of questions to ask the clinician.

Our clinicians are very well-versed in all different types of evidence-based treatments. If you need assistance, [book a phone screen](#) today!

Practice Makes Perfect

It can be hard to challenge the need to accommodate your child's anxiety at first. Your natural instinct will be to protect them from harm and make them feel better. But keep at it! The more you continue to build bravery and autonomy in your child, the more successful they'll be during the course of their treatment. You can start small and build your way up. Don't be afraid to seek advice or support from your child's clinician. That's what they're there for!

Utilize Praise

When you start challenging your need to accommodate, a good way of having your child continue to make progress is to offer them praise when they overcome their anxiety. Celebrate small wins and victories. Praise will give your child a reason to want to continue to improve and challenge themselves even more. No action or amount of progress is too small.

Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

MANVILLE SCHOOL →

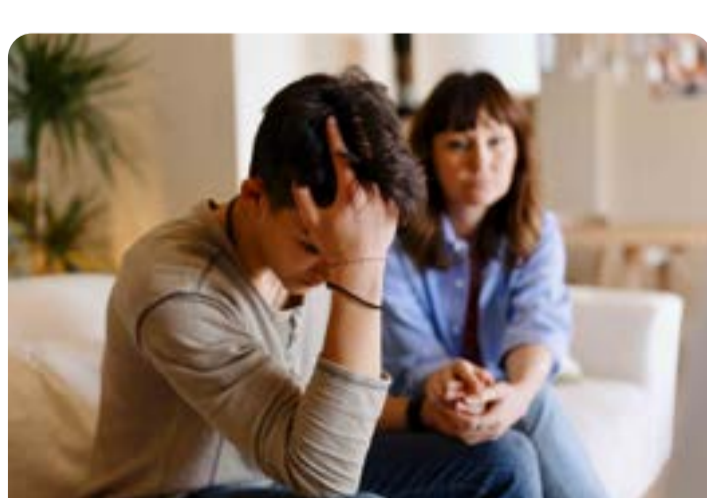
Therapeutic Summer Camp

CAMP BAKER →

College Preparation

NEXT STEP →

Featured Resources



Learning About Anxiety

In this seminar, we'll discuss what anxiety is, how it functions, and how children experience anxiety. We'll also review evidence-based treatments. We'll also review evidence-based some skills that parents can use to support their anxious child at home.

[LEARN MORE](#)



What Is Anxiety, And How Does It Work?

Anxiety is one of the most common conditions kids can struggle with, but what exactly is it? We all experience anxiety from time to time, it's a normal biological response! But when anxiety goes haywire, it can cause serious issues.

[LEARN MORE](#)



How Can I Help My Anxious Child?

While anxiety can have a serious impact on a child's life, thankfully there are treatments available to help. Not only that, but there are specific skills and techniques caregivers can use to help their anxious children at home!

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