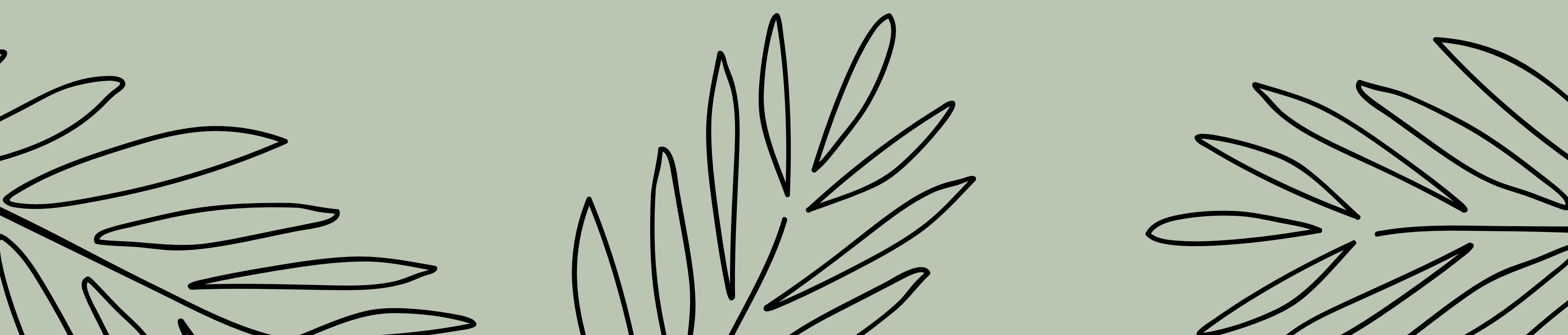




9 Tips to cut out Anxiety for Children

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-- Watching the News --

- If you are News watchers, decide when you want to watch. It may not be best to watch in the evenings as this may cause disruptions in your sleep patterns.
- If you watch at night, think about if you want your kids to watch with you or to wait.
- Watching without kids will allow you to filter age appropriate details and fake news in/out.

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-- Electronic Usage --

- Be aware of what activities are going on while electronics are in use.
- Having a "turn off" time every day is a good idea, as the brain functions differently with screens

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-- Social Media --

- If your children have friends who use social media, consider if this is an option for your family.
- If you decide to allow full access to social media, keep an eye on conversations happening and articles they may be reading.
- Social Media is ever changing and learning, so do your best to keep up and help your children understand and set healthy boundaries.



-- Family Time --

- Fresh air and time outside means endless hours of fun and adventure.
- Make your evenings all about family; Taking walks, playing games or movie nights.

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-- Check In --

- Have a check-in time where everyone can air their thoughts , questions & concerns.
- If there needs to be more one on one time for a child, doing it before bed time will help ensure their brain can unwind & be in a state of rest.

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-- **Bedtime** --

- Bedtime is the perfect opportunity to be grateful!
- Write down your thoughts on paper and put them in a thankful jar or a journal.

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-- One on One Time --

- Once a week, try to find time to get some one-on-one time with each child
- . Getting to hear how they are doing, talking about current world events and helping to prepare them for the next school year will help you to build a special bond and create sweet memories.

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-- Listening --

- Make sure that when they are talking, you are listening. They need to know that their voice is important.
- As an adult, save your concerns for your spouse or a friend.
- Children are not created to be able to handle the stresses of adult life.



-- Down Time --

- This should involve calming and quiet music, maybe a journal for thoughts or art supplies.
- However you decide to incorporate quiet time, help your children make their space comfortable and safe!
- This time can help them process their thoughts and at the end of the day, may result in better sleep patterns.