

Your superhero kid

Parents' guide to navigating anxiety

You are a superhero!

Help your child identify with a superhero. It may be a character from their favourite cartoon or movie. Ask what he/she likes most about this character and imagine themselves as the superhero dealing with situations that they are afraid of.

Often, it is helpful to use the word brave, generously, to positively reinforce and encourage your child when he has confronted situations that he would have otherwise avoided.

"I know that was scary, but you did it. I saw how brave you were! Just like your superhero, you can be brave too!"

This is also great for building confidence and self-esteem, which we know are the best mediators to battling anxiety.

Label emotions

Build your child's word knowledge for labelling emotions. When your child is able to identify words and recognise how he/she is feeling, it enables them to express and communicate better.

A simple way is to draw different feeling faces together with the feeling word underneath the face. Together with your child, put this up in a common area at home at your child's eye level. This way, if they get stuck with words on how they are feeling, there's a visual aid for them to fall back on.



CLARE KWAN

MA (CLINICAL PSYCH), BA
(HONS) PSYCH, CLINICAL
PSYCHOLOGIST

Clare is an endorsed Clinical Psychologist with more than eight years of experience in helping children, teenagers and their families in treating anxiety and mood disorders.

She employs evidenced-based interventions in her practice. Families find that her sessions are helpful as she employs activities, craft and creative ways to engage.

Unhelpful words

"You've just got to get over it, it's nothing"

"Don't be silly, it's nothing to be afraid of"

"Grow up, you're a big boy/girl now"

Validating words

"I can see that this is difficult for you"

"I'm here to help you through this, what could we do to make it easier?"

"I've seen you being brave before and you'll be able to get through this too"

How we work: Fun and engaging treatment for developing life-long emotion management skills. We ensure young people feel safe, relaxed and ready to communicate. Our clinical psychologists are trained and experienced in creating fun and engaging environments to address child and adolescent issues, and can tailor developmentally appropriate therapies to meet your child's individual needs.

Lawson
CLINICAL PSYCHOLOGY

34 Coghlan Road
Subiaco, WA, 6008

20 Bayview Terrace
Claremont, WA, 6010

Telephone: (08) 6143 4499
reception@lawsonpsychology.com.au