



The recent rise in childhood and adolescent anxiety and its acceleration during COVID-19 has worried parents and teachers. Many ask how they can assist kids when they become anxious about seemingly routine events such as attending school camps and excursions, tackling difficult subjects, or facing the prolonged absence of a favourite teacher.

Typical responses such as ignoring their worries or encouraging them to 'get on with it' are unhelpful. Allowing a child to avoid an activity that makes them anxious is another unhelpful option. Avoidance may help kids feel safe in the short term, but it risks the establishment of a long-term pattern that can be impossible to shift.

Regardless of the source every child and young person needs an adult in their life that understands them when they are anxious. It may make little sense that an activity makes a child anxious, you just need to understand that they are anxious. They need someone to witness their anxiety without dismissing or ignoring their feelings.

Anxious kids frequently look to parents and teachers for reassurance when they feel anxious. This shows in