

8 steps to help your child with fear

Step 1:

Identify your child's fears and acknowledge that they are real for them.

Step 2:

Always be affectionate, understanding and calm.



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Step 3:

Get your child to take slow, deep breaths. Hold their hand or hug them.

Step 4:

Talk about your child's fear. Encourage them to draw their fear to distinguish it from reality.



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Step 5:

Role play like giving their teddy bear an injection.

Step 6:

Using a toy version of something that scares them may help reduce the fear of the real one.



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Step 7:

Never force children into fearful situations but brainstorm ways for slow exposure and praise them as they make steps in the right direction.

Step 8:

Explaining what can be expected i.e at a doctor's visit will help your child increase their sense of control.

