

<p><i>It is important that you have the same expectations of your anxious child that you would of another child (to go to birthday parties, make decisions, talk to adults). However, understand that the pace will need to be slower and there is a process involved in meeting this end goal.</i></p>	<p><i>It is important to praise your child for facing challenges, trying something new or brave behavior. Search to find avenues where your child can show they are good at something (music, art, sports).</i></p>
<p><i>While tempting, it is best not to take over or do it for your child. While this might help your child feel better right now, the message your child is getting is that you do not believe your child can do it.</i></p>	<p><i>It is okay to let your child experience some anxiety. Your child needs to know that anxiety is not dangerous but something they can cope with.</i></p>

Try to keep your fears to yourself and as best you can present a positive or at least neutral description of a situation. Let them know that it is safe to explore.