



## Acknowledging Anxiety

This Too Shall Pass!

**Goal:** Acknowledge anxiety when it arises, and trust that the moment will pass. Encourage your child to do the same. See a doctor or counselor if anyone's anxiety needs help passing on its own.

**Why is this important?** Acknowledging that anxiety is temporary can help make it feel less overwhelming.

**References:** Hanetz, G., K., Dollberg, D. G., & Levy, S. (2018). Relations Between Parents' Anxiety Symptoms, Marital Quality, and Preschoolers' Externalizing and Internalizing Behaviors. *Journal of Child & Family Studies*, 27(12), 3952–3963.

Thorne, K., Andrews, J. W., & Nordstokke, D. (2013). *Relations Among Children's Coping Strategies and Anxiety: The Mediating Role of Coping Efficacy*. *Journal of General Psychology*, 140(3), 204–223.

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