

Addressing Anxiety with your Children

Help your kid ROB fear and anxiety of its power in their life.

R: Recognize their fear. Comfort your child and calmly help them recognize what they're really afraid of. Ask them what they're feeling, what they're thinking about, and what they're afraid might happen. See if you can figure out what the root of their fears and anxieties are so you can identify appropriate tools to combat them.

O: Open their mind to the truth. Gather information and truth about your child's fears and anxieties to open their mind up and see them for what they really are—a lie. For instance, if your child is afraid of the dark, check closets and under the bed to show nothing's there, and gently teach them [God has not given us a spirit of fear](#). Going over both practical and spiritual knowledge can open up your kid's brain to loop on truth instead of getting stuck in a loop of fears and anxieties.

B: Battle it out. Include your child in developing a plan to fight fears and anxieties each time they come up. It may be as simple as saying out loud what they're afraid of, what the truth is, then doing the thing they're afraid of. They might need to exercise their body physically to regroup before they face the fear. Some kids just need someone to face the fear with them. Some find success after watching other people do the thing they're afraid to do.

On a final note, if your child is in an overwhelming, relentless cycle of constant worry and anxiety, their physical health is affected, they're constantly losing sleep, missing out, feeling sad, having violent outbursts over their fear, or you just feel like something is "off," look for additional help. Experiencing fears and anxieties is different from clinical anxiety. Therapy, medication, and treatment may help your child's mind and body reach a healthier state that is more able to use knowledge and God's truth as tools to overcome fear.

[Click Here to do a Family Friendly Fear Fighting Activity](#)

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Our job as parents is not to protect our kids from their fears—our job is to walk them through their fears.

Discussion Questions:

PreSchool

- Is it okay if you get afraid sometimes?
- What's stronger: God, or scary things?
- If something scary happens, is God always strong enough to help you?

Elementary

- *When do you think feeling afraid is a good thing? When is it a bad thing?*
- *When you're feeling afraid, how do you think God will help you?*
- *Who can you talk with to get help when you're feeling afraid?*

PreTeens

- Some fears are helpful, but others aren't. Do you have any fears that aren't helping you?
How can you give those over to God?
- Psalm 55:22 NIV says you're supposed to "cast your cares on the Lord." Why should we do this? What happens when we do?
- Have you ever heard the phrase "courage is not the absence of fear"? What does that mean to you?