How to Sit With an Anxious Child

01 When Your Child is Anxious

Children regulate through your calm, not your words.
Find the state first, then the sentences. Six steps, in order.

Pause
Three seconds. Plant your own feet. One slow out-breath.
Then turn toward your child

Lower your voice
Tone before words. Slower, softer.

Name what you see
“You are feeling really scared right now.”
Validate, do not judge.

Offer presence, not pressure
Sit nearby. Do not press them to talk. Wait.



Offer one small choice
'Water, or shall we sit together?' Choice returns agency.

Repair, not perfection
If you snapped, come back. 'Earlier I responded quickly. I'm sorry.
Tell me what would help next time.

The Principle

The single biggest gift you can give an anxious child is your own regulated nervous system. Not calm all the time. Able to return to calm after stress.

When to Bring a Clinician in

If anxiety is affecting your child's sleep, school, eating, or friendships for more than 4-6 weeks, if your child talks about self-harm or not wanting to be here, reach out today.

In Saudi Arabia, call 911 in an emergency (ambulance 997). For psychological advice.
The Ministry of Health line is 920033360 (daily 8am–8pm; Saturday 1pm–8pm).
Other GCC countries: monita.org/in-crisis.