

Tips for Helping Your Child Overcome School Anxiety

School days are some of the best in children's lives, but not every student is happy to head to class. School anxiety is a common experience among many children, especially those who are beginning classes for the first time or recently moved.

Your child may begin to throw tantrums when it's time to head out in the morning, report feeling sick or always look for reasons to stay home. It's natural to feel guilty when you inevitably have to leave them at school knowing how upset they are, but you aren't forced to simply watch them suffer and hope it passes.

Separation and school anxiety can go hand-in-hand, but the two are not always linked. The first step toward helping your child is to recognize that anxiety is not the enemy. It's a natural physiological and psychological response, and it serves a healthy function at its core. Problems arise when anxiety perceives non-threatening things as dangerous or your kid starts to fear what-ifs so much they withdraw and isolate themselves from others.

Picture 1 of Tips for Helping Your Child Overcome School Anxiety

Don't Lose Your Temper Over Their Feelings

One of the most harmful things a parent can do is invalidate their child's emotions by responding to them with anger, which many kids will internalize as shame. Although the behaviors children use to express anxiety can be extremely frustrating, it's not their fault. They're acting out of anxiety's fight-or-flight response. In kids, this can look like throwing a tantrum, having a meltdown, or refusing to go to school. They likely lack the ability to express exactly what they're feeling or fully understand where their fear is coming from. Make sure you are calm and collected before starting the day. Approach the situation with an empathetic mindset. Let them know that you can see they're nervous, and you want to help them.

Keep a Schedule

Build routines that make going to school feel safe and predictable. Anxiety convinces people that there is something to be afraid of, though they may have no idea what it is. Starting their day the same way each day can give kids a much-needed sense of stability. You can also talk to your student's teacher about their nerves and collaborate. Just filling them in can help them pay extra attention to your student and do things to make them feel more comfortable in the classroom.

When they come home from school, you may like to have some special treats waiting for them to reward them for getting through the day despite their anxiety. A subscription snack box is a great way to reward your child and experience together. You can get a unique mix from all different countries to enjoy. You might also take

advantage of some of their favorite activities, whether it's watching a movie on Netflix or playing a video game.

Make Sure There's Nothing Serious Happening at School

In some cases, school anxiety can stem from being bullied. Children may be reluctant to tell parents or teachers what's going on because they're embarrassed. In some cases, telling on bullies can only make them act out more when no one's watching. You should also keep in mind that cyber bullying can happen as well and identify ways to prevent it when possible. It's crucial to identify the underlying reasons why your little one is suddenly afraid to go to school.

Remind Them That You're on Their Side

Anxiety makes everyone feel isolated and misunderstood. You can feel ashamed, embarrassed and even stupid for being afraid of what everyone else seems to handle with no problem. While kids don't always verbalize these emotions, they are still present and should be addressed in a non-intrusive way. Make sure that you openly talk to your child about their feelings and show an interest in knowing how they feel. Without trying to correct or change their emotions, be present and let them know that while things may feel scary or tough, you believe in them. When they feel like someone is on their side, kids are more receptive to sharing what's really going on.

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