

## Dealing With Your Child's Fears

- ✓ Show understanding
- ✓ Listen
- ✓ Ask questions
- ✓ Discuss feelings
- ✓ Use a calm soothing voice
- ✓ Read books together
- ✓ Be available
- ✓ Show your love
- ✓ Share appreciation
- ✓ Be respectful of their fears
- ✓ Think positive thoughts
- ✓ Model positive behavior
- ✓ Monitor TV watching
- ✓ Monitor video games
- ✓ Seek professional help if needed.

Center For Effective Parenting

614 East Emma, Suite 113

Springdale, AR  
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