



## DO'S AND DON'TS TO HELP YOUR TEEN MANAGE THEIR ANXIETY

### DO'S



Trying to collaborate, asking your child questions so that you can reflect together

Daring to show your weaknesses and vulnerabilities

Accepting that there is no such thing as perfection and that mistakes are opportunities for learning

Appreciating true effort

Considering different perspectives

Validating their fears, trying to understand what they are experiencing and feeling

Focusing on who they are, their strengths and challenges

Taking step back to reflect and understand your child's point of view, remembering what things were like at their age

Accepting the limitations we face in life: physical, temporal, situational

Trying, with your child, to understand what's going on and what can be done to change things

Resolving conflicts with your partner, seeing a professional and communication that you are doing what you can to improve the situation in order to reduce the risk of separating

Adapting your expectations to the actual abilities of your child at a specific point of time

Accepting who you are and who your teen is

Being present for your child, checking that they have what they need and what they expect from their parent

Putting things into perspective before doling out punishment and trying to understand what they are experiencing

Taking the time to calm down before speaking or initiating a discussion

### DON'TS



Being authoritative and acting like you know everything

Never apologizing or admitting your faults

Tending to idealize and demand perfection

Always expecting your child to do better

Only seeing one way of doing things

Trying to convince your child that it's all in their head, and that they have no reason to be afraid

Comparing your child to others

Standing your ground, wanting to have the last word

Always wanting to do more faster, wanting everything right away

Making threats when your child gets a lower grade or performs poorly. For example, threatening to put your child in a different academic program

Allowing parental conflicts or relationship issues to go unaddressed

Expecting too much or having unrealistic expectations for your child

Projecting your own needs onto your child's, wanting your child to do what you would like them to do and not what they are able or want to do

Leaving your child alone, ignoring them or being dismissive during a time of crisis or, on the contrary, being overbearing and fuelling the anxiety attack (or the feeling of powerlessness)

Going overboard with punishments

Yelling, being irritable

Adapted from the book **10 questions sur l'anxiété de performance**,  
*Nathalie Parent, Éditions Midi-Trente*