



4 Tips to Reduce Anxiety in Your Child Faster Than You Believe Is Possible

By Dr. Marnee Firestone and
Tamar Oppenheimer, LCSW

*A Practical Guide for Parents Ready to
Break the Anxiety Cycle™*

The Parenting Experts™



4 Tips to Reduce Anxiety in Your Child Faster Than You Believe Is Possible

A Practical Guide for Parents

Ready to

Break the Anxiety Cycle™

Brought to You By

The Parenting Experts™

- ✓ Reduce stress in your home
- ✓ Help your child build confidence
- ✓ Create lasting change
- ✓ Strengthen your connection



By Tamar Oppenheimer, LCSW & Dr. Marnee Firestone, PsyD
www.theparentingexperts.org

Introduction – You Are Not Alone

Feeling Overwhelmed? You're Not Alone.

Parenting a child with anxiety can feel overwhelming, exhausting, and even discouraging at times. You try to help, but nothing seems to work, and you may wonder, am I making it worse?



Parenting a child with anxiety can feel like an emotional rollercoaster. One moment, they seem fine, and the next, they're shutting down, refusing to go to school, or panicking over something that seems small.

You may feel like you're constantly walking on eggshells, afraid of saying the wrong thing. Maybe you've tried therapy, read parenting books, or given them all the reassurance in the world—yet nothing seems to stick.

We want you to know that you are not alone. We've worked with countless families just like yours, and the good news is that there are proven strategies that can make a real difference -faster than you think.



Introduction – You Are Not Alone

Feeling Overwhelmed? You're Not Alone.



This guide introduces four powerful steps to help you create a calmer home, strengthen your connection with your child, and equip them with the tools they need to thrive.

Let's get started.



Tip #1 – The Calm Core: Build a Stable Foundation

If You're Anxious, They're Anxious If They're Anxious, You're Anxious

Anxiety is contagious—if your child is overwhelmed, you may feel it too. But when parents react with stress, frustration, or fear, it reinforces the cycle of anxiety.

Many parents feel they have to "fix" their child's anxiety immediately, but when reassurance doesn't work, they end up in a constant loop of comforting, negotiating, or even arguing.

💡 **The Solution:** The first step is to manage your own emotions. When you model calmness, your child feels safer and more secure.

Example: Sarah's 15-year-old daughter, Emily, had frequent panic attacks about school. Each morning was chaos—Emily would spiral into tears, and Sarah would scramble to convince her to go, only for Emily to stay home again. Sarah felt helpless and frustrated.



Tip #1 – The Calm Core: Build a Stable Foundation

If You're Anxious, They're Anxious
If They're Anxious, You're Anxious

We worked with Sarah to develop an effective strategy—instead of reacting to Emily's anxiety, Sarah learned to take a breath, lower her voice, and say: "I know this feels hard. I believe you can get through this." By shifting her energy from panic to calm, Sarah reduced Emily's anxiety and helped her feel more in control.



Quick Action Step:

- ✓ Practice deep breathing before responding to your child's anxiety.
- ✓ Create predictable routines to reduce uncertainty.

 **Remember:** You don't need all the answers—
You just need to be a steady presence.



Tip #2 – Decoding Anxiety: Understanding the Root Causes



Many parents feel powerless because they don't fully understand what's driving their child's anxiety. The truth is, anxiety has biological, psychological, and social roots. Children today face enormous pressure—academic expectations, social media comparison, and fear of failure all contribute to rising anxiety levels.

Example: A child Who Felt 'Stuck'

Jason, an 11-year-old student, was failing math. Every time he had a test, he felt physically sick and begged to stay home. His parents assumed he just wasn't trying hard enough. But when they used The Anxiety Decoder Chart, they realized Jason's real fear wasn't math—it was disappointing his parents and being judged by his peers.

By understanding Jason's triggers, his parents shifted from saying, "Just study harder" to "Let's break this down into small steps." With this shift, Jason started using test-taking strategies that helped him succeed.



Tip #2 – Decoding Anxiety: Understanding the Root Causes



💡 **The Solution:** Learn what's triggering your child's anxiety so you can respond effectively rather than react emotionally.

Quick Action Step:

- ✓ Observe when and where anxiety flares up—does it happen before school? During social events?
- ✓ Use The Anxiety Decoder Chart to identify common triggers and patterns.
- ✓ Shift your perspective—anxiety isn't a sign of failure; it's a sign that your child needs support.

📌 **Remember:** The more you understand what's happening, the less overwhelming it feels - for both you & your child.



Tip #3 – Communication Mastery: Connect Without Conflict



It's easy for conversations about anxiety to turn into power struggles, leaving both you and your child frustrated.

Many parents say their anxious child won't talk to them—or that every conversation turns into an argument. The problem isn't that kids don't want to talk—it's that they don't feel understood.

Stop the Communication Power Struggles

💡 **The Solution:** Change the way you communicate—less lecturing, more listening.

Example: The Parent Who Learned to Listen

Maria's 9-year-old son, Lucas, shut down every time she asked about his day. She'd ask, "How was school?" and he'd mumble, "Fine." If she pushed, he'd get angry.



Tip #3 – Communication Mastery: Connect Without Conflict



Maria learned to use The Conversation Compass—instead of pressing for details, she shifted her approach. One evening, she simply said, “I noticed you seemed stressed after school today. I’m here if you want to talk.”

To her surprise, Lucas opened up. By creating a safe space without pressure, Maria strengthened their connection.

Quick Action Step:

- ✓ Use The Conversation Compass (pre-written scripts for tough moments).
- ✓ Validate emotions before offering solutions: “I see that you’re feeling anxious. That makes sense.”
- ✓ Replace “Why are you so upset?” with “What’s going on for you right now?”

 **Remember:** Your child needs to feel heard before they can take in your guidance.



Tip #4 – Empowerment Zone: Teach Resilience



Give Them Tools, Not Just Comfort

Anxiety makes children feel powerless. If every challenge results in avoidance, they never learn that they can handle discomfort. When children don't believe they can handle anxiety, they rely on avoidance—avoiding school, social situations, and responsibilities. This reinforces their fears.

💡 **The Solution:** Shift from rescuing your child to empowering them with tools to manage their anxiety.

Example: From Avoidance to Action

Michelle's 8-year-old daughter, Ava, refused to order food at restaurants. The fear of talking to strangers made her panic. Instead of ordering for her, Michelle helped Ava take small steps using The Resilience Roadmap- first practicing at home, then ordering with Michelle beside her. By the third try, Ava was ordering on her own.



Tip #4 – Empowerment Zone: Teach Resilience



Quick Action Step:

- ✓ Introduce The Resilience Roadmap.
- ✓ Encourage small, manageable steps outside their comfort zone.
- ✓ Instead of saying, "I'll handle it," ask, "What's one step you could take?"

 **Remember:** Resilience isn't about eliminating anxiety—it's about teaching your child that they can face it... and come out stronger.



Take the Next Step – Break the Anxiety Cycle™

We hope these four strategies have given you a starting point to support your anxious child. But we know that true transformation takes more than just reading—it takes action, guidance, and support.

That's why we created **Break the Anxiety Cycle,™** a **proven program for parents** that provides:

- ✅ **Step-by-step guidance** to help your child manage anxiety
- ✅ **Expert coaching** to answer your questions and offer real support
- ✅ **Practical tools** you can implement right away
- ✅ **A community of parents** who understand what you're going through

Ready to bring calm and confidence back to your home?

➡️ **Learn more at <https://theparentingexperts.org/>**

Together, we can break the cycle and help your child thrive!



A portrait of Dr. Marnee Firestone, a woman with long dark hair, smiling. She is wearing small hoop earrings. The background is a blurred green field with trees.

Dr. Marnee Firestone, PsyD – Clinical Psychologist

Dr. Marnee Firestone is a licensed clinical psychologist with over 25 years of experience helping children, adults, and families navigate anxiety and emotional challenges. As a sought-after expert in adolescent mental health, she has been featured in national media, served as a guest lecturer at schools and universities, and contributed to numerous parenting podcasts and webinars. Dr. Marnee's approach is grounded in the **Bio-Psycho-Social Model**, integrating neuroscience, behavioral psychology, and real-world parenting strategies to create lasting change.

She is passionate about equipping parents with **practical, evidence-based tools** to help their children build confidence, manage anxiety, and thrive.





Tamar Oppenheimer, LCSW – Licensed Clinical Social Worker

Tamar Oppenheimer is a licensed clinical social worker with more than 25 years of experience working with parents, children, and families. Specializing in anxiety, emotional regulation, and family dynamics, she has helped countless families create **calmer, more connected homes**. Tamar is known for her **compassionate yet structured approach**, helping parents shift from feeling powerless to becoming **confident leaders** in their child's emotional well-being. Through her extensive work with families, she has developed **practical, real-life strategies** that allow parents to support their anxious children without escalating conflicts or enabling avoidance.



Why They Created Break the Anxiety Cycle™

Dr. Marnee and Tamar saw firsthand that traditional **therapy alone often isn't enough**—lasting change happens when parents have the right tools to create a supportive home environment. With this in mind, they co-founded **Break the Anxiety Cycle™**, a **step-by-step, expert-led program** designed to empower parents with **effective, easy-to-implement strategies** that help children build resilience and reduce anxiety.

Now, through **Break the Anxiety Cycle™**, they are sharing their **proven framework** with parents everywhere—helping families break free from the cycle of stress, frustration, and anxiety to create **happier, more confident childs and calmer households**.

- ◆ Learn More: <https://theparentingexperts.org/>

