

Pitfall: Dismissing

- **Dismissing a child's anxious feelings can make them feel like their concerns are not worthy of acknowledgment or support**
- **This can leave children feeling unheard, misunderstood, and even ashamed of their anxiety**
- **It can also confuse a child when they have an emotion but are told to ignore the emotion, or that it should not be happening**
- **To counteract, use the PEAK techniques of Supportive Statements and Reflective Questions**