

parenting our children through the eyes of anxiety



Do you ...

- find yourself begging, reassuring, and getting annoyed and frustrated?
- find that your child's anxiety and worries are bossing you and your family around?

Then it is time to ...

loosen the grip of anxiety and stand up to the worry boss once and for all!

Learn how to have more ...

COURAGE
CONFIDENCE
COLLABORATION



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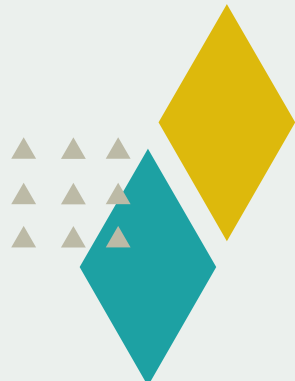
anxiety tries to convince children that they aren't capable of dealing with their worries.

Parents unknowingly reinforce the worries through reassurance and avoidance, which typically make matters worse.

7-year-old Bella was having difficulty sleeping as she worried about her safety at night. She would ask to sleep with her parents and would continually come out of her room when she was supposed to be asleep. Her parents occasionally would let her sleep in their bed but were very frustrated by the situation. They would often explain to Bella that she was not in danger because they were in a nearby room and had a very secure alarm system. They would also assure her that their large pet dog, Max, would bark if he ever heard a noise. This only made Bella more anxious as she tried to convince her parents she was not safe.



Bella's parents had her draw a picture of her worry monster, and Bella named the monster "Meanie Jeanie." Bella began imagining that Meanie Jeanie was the one telling Bella that she shouldn't sleep by herself because it wasn't safe in her bedroom. The monster was telling Bella that someone may break in the house and take her away from her parents. Bella decided to put Meanie Jeanie on the dresser and talk back to her. She would say, "Meanie Jeanie, you're so annoying. Leave me alone. You're not helping me, and I'm not going to listen to you anymore!" Her parents got in on the action, too. They would speak directly to "Meanie Jeanie", no longer addressing the worries with Bella. They would say, "Meanie Jeanie, we knew you would show up now that it's nighttime. We love Bella and want you to be quiet and stop bothering her. We aren't going to let you boss us around anymore!" When the worry monster would persist, Bella would repeat her messages, turn over, and go to sleep.

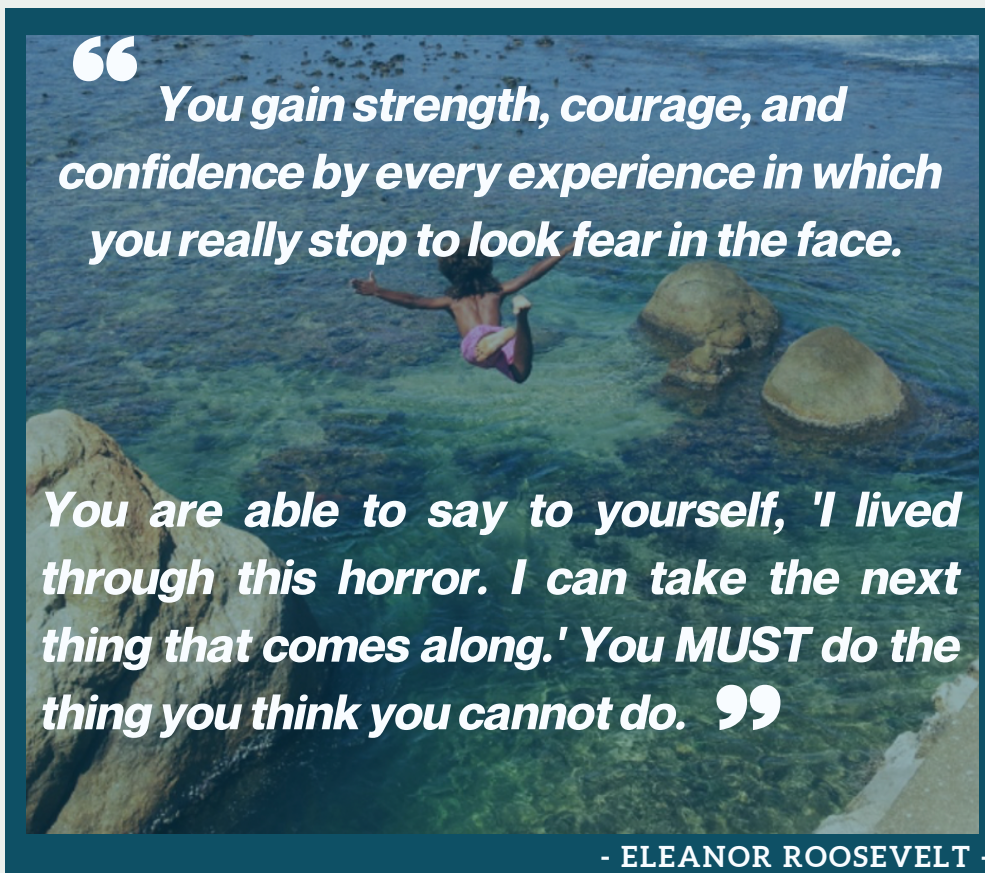


Through the process of externalization, children like Bella gain confidence and learn that they have the power to handle their worry monsters. Parents feel hopeful and empowered; they have a new tool to use whenever monsters like "Meanie Jeanie" begin lurking around.

Additional Tips to Handle Worry:

- Worry wants to be 100% certain about the outcome and hates discomfort. This causes the avoidance that prevents change. We must be willing to be uncomfortable and keep moving forward despite uncertainty.
- External reassurance from parents strengthens worry. Instead, teach your child how to talk back to worry and internally reassure themselves.
- Externalizing worry is when we give it a name and talk back to it, not letting it control us. The message from worry is, "You can't handle this. Avoid it." Internal reassurance is saying, "I CAN handle this and even though I am uncomfortable, I will keep moving towards the thing I fear because I want a new outcome."

There are many more helpful tips to consider and I have included them in the course.



These are a few of many tips that I teach in my online course, "Parenting Our Children Through the Eyes of Anxiety"

Have you felt nothing has helped and your child's worries keep growing? If you find yourself begging, reassuring, and getting annoyed and frustrated, then this course is for you!

In this course, you and your child will work together to loosen the grip of anxiety and learn ways to stand up to those worries, once and for all.



So, if your family is ready to be free of the worry boss, and have a more peaceful, fun, and adventurous life, please jump in and sign up for this course!



Through easy to learn techniques, artwork, and play, you and your child will become a team, as you:

- Understand the role of the brain and how to rewire it.
- Learn a fun trick to handle the worry monster when it shows up.
- Develop a new process and a game plan to change the pattern of anxiety.
- Face perfectionism and sleep issues caused by anxiety.
- Learn new skills to use when anxiety turns to anger.



We know that most parents are pressed for time so, the course is broken into 7 bite-sized modules (10-15 minutes). You can work at your own pace.

Right now, during these tough times, parents need more support than ever. Because of this, we are offering you this course for a discounted price of \$49 (limited time only).

~~\$99~~ \$49



ENROLL HERE !

<https://bit.ly/3bo2B10>

Bonuses

There will be interactive sessions for both you and your child. You will receive introspective worksheets, and refrigerator wisdom (a printable cheat sheet) to help remind you of your new tools. Plus, a free bonus module called, "A Good Night's Sleep is a Parent's Dream" is included. All of this will make your life a little easier and more fun!



Your sanity and your family's cooperation is worth it!



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