

Kids May Social Media Image Copy and Captions

Image 1 Copy: Dealing With Anxiety – Start With Prayer

Caption: When your child displays signs of anxiety, pray for the Lord's wisdom and discernment. Ask Him to guide and direct you in addressing your child's needs. Ask Him to give you insight and understanding with what you're seeing in your child's behavior and know the right next steps to take.

Image 2 Copy: Equipping With Truth

Caption: Using Scripture when you talk to your child and when you pray is a way to plant the seeds of God's Word in their heart. Helping your child memorize verses about the Lord's peace, love, and protection will equip them with His truth.

Image 3 Copy: Lead With Empathy & Compassion

Caption: An important tool to embrace is to lead with empathy and compassion. Sometimes our response is to jump in and try to fix the problem, telling our child why they don't need to be afraid. That's not a bad approach, but it's not the first thing a parent should do. Instead, meet your child's fear first with an abundance of love, understanding, and assurance that all will be okay.

Image 4 Copy: Calm The Heart

Caption: Empathy calms an anxious heart. When your child is anxious, and empathy is your first response, they will be better able to feel comforted in the safety of your love. It also opens the door for your child to see the love of Jesus expressed through your actions and to know that He is with them in all things.