

Let's talk about

**CANAAF**  
Canadian Alopecia Areata  
Foundation



# ANXIETY IN CHILDREN

Anxiety affects more than 20% of children and teenagers over their lifetime

Social anxiety can lead to days missed at school, avoidance of social activities, and low self-esteem

Parents play a key role in helping their child manage anxiety

Supporting youth early on can help them build resiliency, and teach them essential skills for living a healthy life

**3 WAYS**  
**TO HELP ANXIETY IN**  
**CHILDREN**



# **1.** Help your child challenge their thinking.

Everyone's staring at me :(

If you were me and a friend said that to you, what would you say?

...that they shouldn't care because they are the best! People will always look at things they don't understand.

Do you think you can tell yourself that too?

...I can try

Good, because it's true. ❤️





# 2.

## Make a list of helpful statements for specific situations.

### Giving a presentation in class

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- ♥ I don't have to be perfect, just be myself.
- ♥ I've done this before and the feeling will pass.
- ♥ It's okay if I mess up- everyone does. Just keep going.
- ♥ I will be proud of me for doing my best.

### Telling a friend "I have alopecia"

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- ♥ I feel anxious and that's normal. I can still do this.
- ♥ I am stronger than I think.
- ♥ I accept myself just as I am.
- ♥ I deserve to be happy and free to be myself.

### Taking off a hat or wig

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- ♥ I don't have to believe my anxious thoughts, I can just let them go.
- ♥ I am not alone. Everyone is insecure about something.
- ♥ Even without my hat/wig, I am still me. I am always enough.
- ♥ I can do this: one step at a time.

# 3. Show them a relaxing or fun activity.

## RELAXING

- ✓ Read, listen to music
- ✓ Write nice messages or affirmations to post around the house
- ✓ In winter: Build snow village & snowfolk. In summer: Bike ride, go for a walk
- ✓ Write thoughts or stories in a journal
- ✓ Do a colouring book, decorate room, construct a prop from a book or movie
- ✓ Play with pets, take dog for a walk

## FAMILY FUN

- ✓ Cook/bake something delicious, learn a new recipe
- ✓ Play a board game, cards, or make up a game
- ✓ Design a sport to play at home, or make an obstacle course
- ✓ Learn a dance or sing karaoke
- ✓ Do an online improv class, escape room, or social media challenge
- ✓ Listen to a funny podcast together

# CANAAF RESOURCES FOR CHILDREN

01

CANAAF Kids & Teens Club  
Monthly Online group

02

CANAAF Classroom Package  
Talking about alopecia

03

Mentorship Program  
Peer mentoring

04

CANAAF Colouring Book  
Education & awareness activity

05

Heads Up Fund  
Financial support

# ADDITIONAL SUPPORT FOR YOUTH

🔍 Mental health support for my child



- Kids Help Phone
- Jack.org
- Naseeha, Muslim Youth Helpline
- Black Youth Helpline
- LGBT Youthline
- Healing in Colour