



## Part 3 | Chapter 5

# Is My Child Anxious About School

## REVIEW CHECKLIST

For reducing my child's anxiety about school

- Have I identified the triggers that lurk in my child's internal and external environment—at home and at school?
- Do I maintain an anxiety log to track my child's anxiety about school?
- Do I minimize or remove the school related triggers as soon as they are identified?
- Do I utilize the calm times to teach my child new coping skills?
- Do I really pay attention to my child's environment—at home and school?
- Do I help my child get off to a good start on a school morning?
- Do I sharing important information with my child's teacher to make her less anxious at school?