



Dear parents: Life brings situations that will prompt the feeling of fear in your child. Just the thought of something dangerous can also bring about the feeling of fear. Fear is a normal feeling. No matter the cause, real or imagined, the feeling needs to be addressed so that in the long run, they are better equipped to cope with life's many challenges. Children feel safe when they can count on the adults in their lives to take care of their physical and emotional needs. In this section you will find several activities you can do with your child to help them manage their fear.

