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Recognizing and Managing Anxiety in Children with ASD

Tips for Helping
Children Manage
Anxiety

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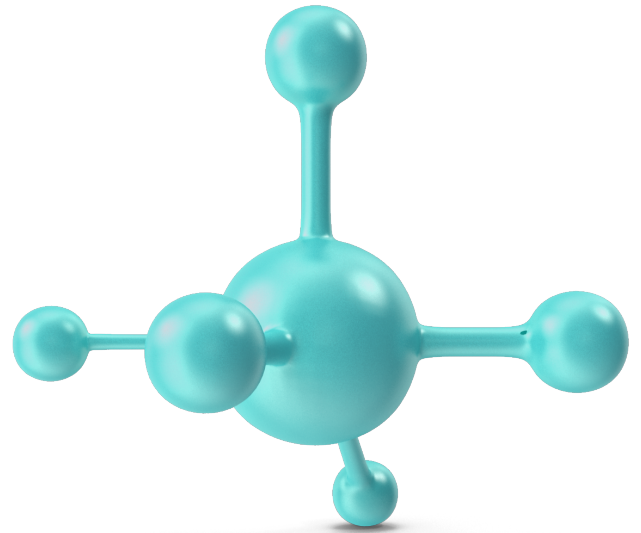
Books to
Check Out

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JUNE 2026

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Recognizing and Managing Anxiety in Children with ASD



Dear Triumph ABA Parents,

Everyone experiences anxiety from time to time, but for children on the autism spectrum, anxiety can often feel bigger, more frequent, and harder to express. Sometimes anxiety looks exactly how we expect it to—worry, fear, or avoidance. Other times it appears as irritability, increased repetitive behaviors, difficulty sleeping, meltdowns, or resistance to change.

Many children with autism thrive on predictability. When routines change, expectations are unclear, or sensory experiences become overwhelming, anxiety can quickly increase. As parents, recognizing the signs early can help us provide support before small worries become bigger challenges.

The good news is that anxiety can be managed. Through preparation, structure, communication, and understanding, families can help children build confidence and develop coping skills that support them throughout their lives.

This month, we'll explore practical ways to recognize anxiety and strategies that can help your child feel more secure, confident, and prepared for everyday experiences.





Tips for Helping Children Manage Anxiety

1

Learn Your Child's Unique Warning Signs:

Every child experiences anxiety differently.

Try this: Keep track of behaviors that tend to appear before challenging situations.

Changes in sleep, appetite, stimming, or mood can sometimes signal increased anxiety.

2

Use Predictability Whenever Possible:

Knowing what to expect helps children feel safe.

Try this: Use visual schedules, countdowns, calendars, or social stories to prepare your child for upcoming events and changes.

3

Validate Feelings:

Children often need to feel understood before they can problem-solve.

Try this: Instead of immediately reassuring, try saying: "I can see that you're worried about that."

4

Practice Coping Skills During Calm Moments:

It's easier to learn coping strategies before anxiety is high.

Try this: Practice deep breathing, movement breaks, calming sensory activities, or relaxation exercises during relaxed times.

5

Break Big Challenges Into Smaller Steps:

Large tasks can feel overwhelming.

Try this: Break new experiences into manageable pieces and celebrate progress along the way.

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TO CHECK OUT

These resources help children and families better understand anxiety while providing practical coping tools.

What to Do
When You Worry
Too Much: by
Dawn Huebner

Wilma Jean
the Worry
Machine: by
Julia Cook

The
Whole-
Brain Child
by Daniel
J. Siegel &
Tina Payne
Bryson

Sometimes I'm
Anxious by
Poppy O'Neill

The Survival
Guide for
Kids with
Anxiety: by
Clare A.B.
Freeland

Quote of the month:

**Courage doesn't
mean you don't
get afraid.
Courage means
you don't let
fear stop you.**

- Bethany Hamilton

