

Stepladder Approach to overcome Toddler Anxiety



The stepladder approach focuses on exposing children to the things that give them anxiety, one step at a time

How to proceed

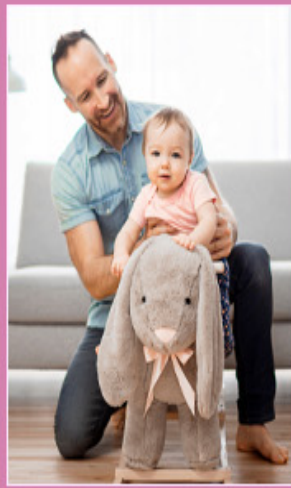
- Introduce them to the least fearful situations for a few days until they are no longer anxious
- Put them in mildly fearful situations, followed by most fearful ones
- Praise and reward the toddler

Examples of situations

- Say "hello" to a classmate they haven't interacted with much
- Ask, "can I play with you?" to the children at the park
- Introduce themselves to a new class or a group of children

Benifits of Stepladder Approach

- Teaches the child to face their fears
- Helps cope with anxiety
- Makes them feel positive about themselves



Reference:

1. Anxiety: The stepladder approach; Raising Children Network