

# The 5 Best Pinterest Boards for Parenting Children With Anxiety



While Pinterest may seem that it is just a place for trendy photos and inspiration, but it can actually be a great resource for parents. Not only does it have great parenting advice in general, there are plenty of boards created by both professionals and parents with

information, advice, and activities for parents of children with anxiety. Whether you are looking to find out more about what anxiety is, how to help your child with anxiety, or how to provide them with tools they can use to help themselves cope, Pinterest has it all. Since Pinterest is a creative outlet, often these boards are fun, creative, and exciting! There is tons of anxiety information out there on the internet, so having a few Pinterest boards you can add directly to your feed and see every time you scroll is incredibly helpful!

Our teams at South County Child and Family Consultants and lw4k.com are always on the lookout for the newest information to help kids with ADHD, Learning Disabilities, Autism, Anxiety, Depression, and Executive Functioning difficulties. Pinterest boards on children with anxiety are one of the more useful tools that we have found. In our offices, we provide comprehensive neuropsychological evaluations of children, teens, and college students. But beyond the confines of the office, we are well informed of the latest research and technologies that can help kids with social-emotional, attention, and learning problems. Check out our other posts to

learn more about the latest innovations to help these kids.

## **The 5 Best Pinterest Boards for Parenting Children With Anxiety:**

- [“Mental Health: Anxiety Disorders”](#) by Pathway 2 Success

[Pathway 2 Success](#) is a resource parents and teachers can use to find information about social-emotional learning and executive functions. This Pinterest board contains tons of different resources and activities for parents to help their children cope with their anxiety symptoms and to teach them to prioritize their mental health. Social-emotional learning is a great tool that children can keep in their toolkits to help them cope in the future, so making use of these resources now can help your child for life.

- [“Anxiety Resources and Interventions”](#) by [Whole Child Counseling](#)

This board was created by Casey O’Brien Martin, an adjustment counselor and arts therapist. She has created this board for parents to learn about the anxiety their children is experiencing, how to help them cope with their feelings, and possible treatments. This board contains a wide variety of information including hobbies for children with anxiety, information about social anxiety disorder, selective mutism, and anxiety triggers.

- [“Childhood Anxiety”](#) by The Highly Sensitive Child

This Pinterest board was created by Maureen with [The Highly Sensitive Child](#). This board is unique because not only is Maureen a professional in children’s literature, but she is also a mom, making this resource especially useful because the information inside is both professionally approved and approved by an actual mom with children with anxiety. While this board is catered towards children with selective mutism, the resources inside are still extremely beneficial for

parents with children with any type of anxiety or sensitivity.

- [“Anxiety in Kids”](#) by The Thoughtful Parent

[The Thoughtful Parent](#) is another unique resource from both a professional and a mother, and her name is Amy Webb, Ph.D. This board is described as a place for parents to go to learn more about how to identify anxiety in their children and how to help them to cope with their anxiety. Pins in this board include things to say to an anxious child, strategies for parenting a child with anxiety, and tools for children with anxiety. This is a super informational resource for parents to turn to!

- [“Children Wellness Anxiety”](#) by [Joanne Sergeant](#)

This Pinterest board is a more modern approach to parenting children with anxiety that includes ways of parenting you may have seen in the media recently. These include teaching children mindfulness, gentle parenting, and affirmations to say to and teach to your child. Created by a mother, this board shows what inspires her and what she uses in her life with her own children with anxiety.