

# Keeping the Calm: three ways to decrease your child's anxiety

We often hear about ways to chase away anxiety such as “deep breathing” and “grounding exercises” but how do you go about teaching your child those techniques? Drs. Kardos and Lai give three short ways to instill calmness into your child's day. You can read more about childhood anxiety in this helpful post from The Children's Hospital of Philadelphia.

Naline Lai, MD and Julie Kardos, MD

©2024 Two Peds in a Pod®