

If Your Child Has A _____

PANIC ATTACK,

try...



I Spy

Distract your child by asking them to name the things they can see, feel, hear, and smell around them at the moment while taking deep breaths.



Six Seconds Pause

Divert their mind from the emotional distress by asking them questions requiring thinking for six seconds.

Ice Water

Have them gently dip their face into a bowl of ice water. This may help to reduce their palpitations and calm them.



Lie-down Breathing

Have them lie down in an open, quiet space and take slow, deep breaths while you narrate one of their favorite stories.

Quiet Hugs

Gently approach and hug them while assuring them that you are there for them.



References

1. Panic attacks in children and teens; UT Health
2. Panic attack; Seattle Children's Hospital