

Anxiety: How to Address Excessive Reassurance Seeking

Children look to their parents for information about the world. It is normal and helpful for parents to provide children with information about challenging situations. However, for some children, asking for reassurance about the same situation over and over again becomes an unhelpful way of coping.

Some examples of reassurance seeking:

- "Are you sure you locked all the doors?"
- "Did you wash your hands before you cooked dinner? Are you really sure?"
- Calling mom or dad over and over again on the phone from school to make sure they are okay.

What is the problem with giving reassurance?

Most parents already know that giving reassurance over and over again can be exhausting! No matter how much reassurance you give your child, he or she will always want more. The more reassurance you give, the more they want. This can lead to a cycle of reassurance seeking that is difficult to break.