

**The Opposite of Worry:
The Playful Parenting Approach to Childhood Anxieties and Fears**

“Do something scary, fun, and safe every day.”

—A nine-year-old boy

1 approach: Playful Parenting: Lightheartedness, emotional understanding, and connection

2 chickens: Children look to the “second chicken” to assess safety and danger

3 faces of anxiety: Flooding, avoidance, and white-knuckling

4 parts of the Security System: Alert, Alarm, Assessment, All-Clear

5 opposites of worry: Relaxation and roughhousing; “what is” instead of “what if;” reality checks and risk checks; the gentle push; and trust.

6 basic principles: Empathy, play, challenge, awareness, risk, and physicality.