

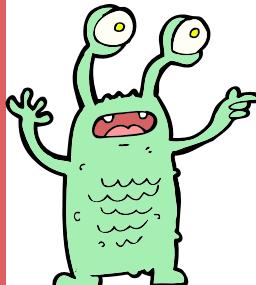
# Helping Your Child With Anxiety



## WHAT IS ANXIETY?

Anxiety is a feeling of worry, or unease within your body when you are unsure about something, or in an unfamiliar situation or place.

## HOW CAN I NOTICE IT IN MY CHILD?



- Difficulty concentrating
- Not sleeping
- Not eating
- Outbursts of anger
- Seems to worry a lot
- Feeling tense - crying
- Clingy

## DIFFERENT TYPES OF ANXIETY

### Separation Anxiety

This happens when children are becoming more aware of their surroundings. It normally occurs between 1-3 years and is a normal part of development.

In older children, they tend to be worried something bad will happen to their parents. This can be a sign they are feeling insecure and could be a reaction to change.

### Fears/phobias

This can be normal in the development of any child, if they do not grow out of the fear, and it begins to affect daily life it may have become a phobia.



### School-based anxiety

Children may be anxious about school they may report getting headaches, sore tummy's, cry or get sick school mornings.

### Social Anxiety

Anxiety about social situations, children may dread social events and try to avoid them.

### Generalized Anxiety

Anxiety, stress and worry about anything, and everything. There may seem to be no trigger but can have severe effects on their day to day lives.

## HELPING YOUR CHILD

Parents can help their child to recognise anxiety.

Help them recognize physical symptoms, draw a body and get your child to show where the anxiety is on the body.

In younger children you could create a name for anxiety.

## TEACHING YOUR CHILD:

Anxiety is normal- everyone feels it at times, it is normal to feel anxious on a rollercoaster, or before an exam.

Anxiety is not dangerous- it feels uncomfortable, it does not last long it is temporary and will eventually decrease. People do not generally know you are anxious.

Anxiety is adaptable- it helps us prepare for real danger, or helps us perform, when we get anxious it triggers flight/ fight/ freeze response preparing our body to defend.

Remember you can ask for help, you are not alone.