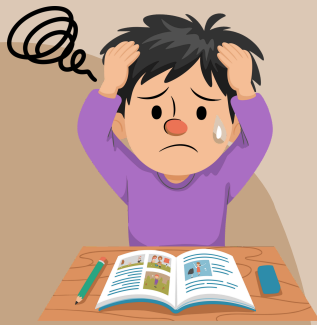


Little Worriers: Recognizing Anxiety in Children

Anxiety is...



Often a normal part of development! Separation anxiety is common in infants 6mo - 3yrs. Some kiddos develop a fear of the dark or heights. These anxieties typically subside as children grow up.

When It's a Problem

Anxiety becomes a problem when it begins to impede everyday life. It may get stronger, get worse, or it may not go away. Problems begin to occur when anxiety prevents children from engaging in daily activities or doing things they enjoy.

Signs & Symptoms

Children experiencing anxiety may become tearful, irritable, or clingy. They may have difficulty sleeping or eating. Additionally, they may suffer from stomach aches or headaches.



What Causes Anxiety?

Every child is different! Some may be more likely to experience anxiety than others. Big changes like moving to a new school or house may bring on anxiety. Family conflicts may also cause children to feel anxious. School may bring on anxiety as well.

How to Help

- Talk about it! Understanding is a great first step.
- Don't avoid the anxiety! Avoidance may help short term, but it reinforces the anxiety long term.
- Realistic expectations! These help children to understand that they'll be okay.
- Respect the feeling, but don't give it power!



Learn More

Information from:

- [The Child Mind Institute](#)
- [NHS UK](#)



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