

Children And Anxiety

What To Know

- Anxiety is a **normal emotional state** that we all experience at various times in our lives.
- It is usually associated with **anticipated fear** of something happening in the future.
- With children, anxiety is present **from the moment they are born**, in varying states.

How Do I Know If My Child Is Anxious?

- Sometimes it is **easy** to tell when a child is anxious, i.e., crying and clinging behaviors.
- But it can sometimes be more **difficult** as some children **hide their anxiety** because it is too challenging for them to express to others. Some children turn their anxiety into **angry tantrums** or **defiant behaviors**.

Helpful Resources

- [Anxiety disorders in children by ADAA \(Anxiety Disorders Association of America\)](#)
- [NIMH video: Coping Strategies for Anxious Kids: What Parents Need to Know](#)
- [Yale Child Center video: Introduction to child anxiety disorders](#)

What Can I Do As A Parent?

- Offer routine and structure.
- Help children identify their feelings.
- Provide opportunities for communicating about their feelings.
- Use soothing and comforting strategies.
- Respect your child's fears.
- Model brave behavior and encourage brave behavior.
- Teach relaxation skills.
- Encourage "feel good" activities.
- Do storytelling.
- Teach problem-solving strategies.
- Challenge unhelpful thoughts.