

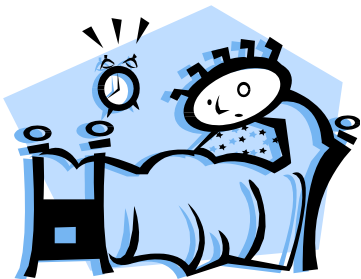
THE FACTS ABOUT CHILDHOOD ANXIETY

What is Anxiety?

Children and adolescents with anxiety engage in extreme, unrealistic worry about everyday life activities. They worry unduly about their academic performance, sporting activities, or even about being on time. Typically, these young people are very self-conscious, feel tense, and have a strong need for reassurance. They may complain about stomachaches or other discomforts that do not appear to have any physical cause.



Some children have difficulty leaving their parents to attend school or camp, stay at a friend's house, or be alone. Often, they "cling" to parents and have trouble falling asleep. This may be accompanied by depression, sadness, withdrawal, or fear that a family member might die.



Who is at risk?

Researchers suggest watching for signs of anxiety when children are between the ages of 6 and 8. During this time, children generally grow less afraid of the dark and imaginary creatures and become more anxious about school performance and social relationships. An excessive amount of anxiety in children at this age may be a warning sign of the development of anxiety.

What help is available for young people with anxiety?

Children and adolescents with anxiety can benefit from a variety of treatments and services. Following an accurate diagnosis, possible treatments include:

- Cognitive-behavioral treatment, in which young people learn to deal with fears by modifying the ways they think and behave
- Relaxation techniques
- Biofeedback (to control stress and muscle tension)
- Family therapy
- Parent training
- Medication



What can parents do?

If parents or other caregivers notice repeated symptoms of anxiety

- Get accurate information from libraries, hotlines, or other sources.
- Ask questions about treatments and services.
- Talk with other families in their communities.
- Find family network organizations.
- People who are not satisfied with the mental health care they receive should discuss their concerns with the provider, ask for information, and/or seek help from other sources.



Books for Parents and Children

For Parents:

- Helping Your Anxious Child: A Step-By-Step Guide for Parents
(Paperback)
by Sue Spence, Vanessa Cobham, and Ann Wignall
- Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Tamar E. Chansky
- The Anxiety Cure for Kids: A Guide for Parents
by Elizabeth DuPont Spencer, Robert L. DuPont, and Caroline M. DuPont
- Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children by John S. Dacey and Lisa B. Fiore

For Children:

- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) by Dawn Huebner
- What to Do When You're Scared and Worried: A Guide for Kids
by James J. Crist
- Don't Pop Your Cork on Mondays : The Children's Anti-Stress Book
by Adolph J. Moser
- Wemberly Worried by Kevin Henkes