



ANXIETY

Sometimes, children experience significant anxiety. For example, children may be anxious about separating from parents to sleep or go to school, or they may withdraw from social contacts due to anxiety about social situations. They may find it impossible to fall asleep or stay asleep, or they may be tearful and panicky about approaching a new situation.

Anxiety may be a familial trait or may be learned by observation of other family members. It may occur in response to a specific stressor, or may occur as a primary problem.

Your first response to your child's anxiety should be reassurance, education about coping mechanisms, and encouragement of his/her independence and confidence.

However, if these problems persist, you should speak to your pediatrician or a mental health professional for assistance. In some circumstances, medication may even be necessary.

For more information about anxiety in children, see
<http://www.adaa.org/living-with-anxiety/children/childhood-anxiety-disorders>