

Dealing with an Anxious Child

Anxiety is a normal part of childhood. Most children experience phases of anxiety that are temporary and usually harmless. But children who suffer from an anxiety disorder can experience fear, nervousness and shyness. They begin to avoid places and activities.

There are many different causes for anxiety in children. Understanding the cause, however, is not always helpful in eliminating the behavior especially if the cause is a traumatic or stressful event that cannot be erased or changed. In addition, some children experience a genetic vulnerability to anxiety.

The good news is with your help, a child can learn to manage their anxiety without having to understand and/or resolve the cause.

An important step in managing anxiety is identifying what maintains the anxiety or what keeps it high when the cause or trigger has passed. Research indicates that several factors contribute the child's ability to maintain their anxiety, including the way they:

