Identifying and Dealing with Child Anxiety by Javed Khan

Article published on December 19th 2011 | Depression

As a parent or a caregiver, you should know about anxiety in children. Children also suffer anxiety just like adults. It only gets complex for children because they do not know how to express their feelings and emotions. In the below section, we will discuss the issue of anxiety in children at length.

As children develop, they would encounter anxiety due to fears and worries about what they come across in life. As such, they need extra care so that their daily functioning is not affected. As already mentioned, children do not know how to express themselves so it is up to their caregiver to notice their anxiety and help them.

Signs and symptoms of anxiety in children:

1) Usually, they would change their behavior, maybe they would start bed wetting when they were not and other signs that indicate they are suffering from anxiety.

2) Sometimes they would have nightmares because they are really stressed.

3) They can also become elusive because of fear. This would prevent them from widening out in school or at other social gatherings because anxiety shall have made them shy.

4) Some would show signs of compulsiveness because their self esteem is already down.

This would be followed by constant headaches, stomachaches or complaints of general pain.

Helping anxious children:

The anxious child needs help. You need to get a more structured approach and patience in helping this child. Your goal is to help the child get over his fears.

â€¢ You can reassure this child of your help and that they can always share their feelings with you.

â€¢ Make the child trust and like you by providing what they love like a toy.

â€¢ Do not push the child do what they donâ€™t like.

â€¢ Reduce feelings of boredom for the child, maybe you can take him out for a walk if you suspect he is bored of being home.

â€¢ Ensure the child plays so most of his energy is spent on play and not worrying.

â€¢ Take care of the childâ€™s health so that his brain and mood is always ok.

â€¢ Allow the child enough time to sleep and rest.

â€¢ Make sure your child is comfortable in terms of his environment.

â€¢ Give the child enough attention; this is the biggest and best medicine.

â€¢ Be sure to notice the anxiety early and begin working on it early as well.

Article Source:
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Author writing article about a Get Rid of Panic Attacks. For more information about Get Rid of Panic Attacks and a Anxiety Remedy, please visit their website: a http://panic-attacks.maxupdates.tv

Article Keywords:
Get Rid of Panic Attacks, Anxiety Remedy

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