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Many parents who just had a growing child tends to have a difficulty on choosing the right diet which can meet the nutritional needs of every children and to some cases, those parent's who had a lesser patience to their child especially when eating often scolding the child directly. This could stress out the feeling of a child. Fears are developed and this will be the start were a child become more anxious. Situation like this will then interfere the normal living of a child which a parent just ignore not to think that there is already something that is not good that is going on to the behavior of the child, so seeing a doctor would then be helpful.

The traumatic events will then be with the child until he/she gets older. Childhood Anxiety Disorder differs from every form of situation a child had just undergone that is why professional advice is badly needed for the treatment.

These Forms are as follows:

- 1.) Separation Anxiety Disorder- As a child, it is very normal that a parent is always behind him/her especially when sleeping, going to school or any physical and mental activities wherein parent's attention are needed by the child. It may seem to be normal but to some child, they worry too much and become very frustrated which is not good as the child could develop this anxiety disorder.
- 2.) Specific Phobias- These are common to people not just to a child. These fears occurred from a traumatic event happened and to a young children, they cannot directly adapt to the situation as they are still very fearful which they couldn't control. It can be triggered especially when someone apprehend them to something they usually see from things or objects, people, and places.
- 3.) Social Anxiety Disorder- Once a child had been rejected most of the time like when she initiate a certain thought and nobody appreciate it, circumstances from avoiding crowded places may be possible because it is bared in their mind that nobody likes his/her act.
- 4.) Generalized Anxiety Disorder- When a child experienced intolerable illnesses, accidents, or death, he/she might have a hard time forgetting such events. The fears of enjoyment are always present because he/she always thinks of something negative would happen and might get him/her injured.
- 5.) Panic Disorder- Losing of control is observed to a child who had this anxiety disorder as they can't even know what have they've done. They worry too much that is why they become more helpless and very frightened.
- 6.) Obsessive Compulsive Disorder- The child often have a lot of coping mechanism done to defend the tension that he/she feel. If it is just be taken for granted it can worsen the inconsistent mental behavior of a child that is why seeking help from a psychiatric doctor's are very important.

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