

SO, YOUR CHILD HAS ANXIETY

Anxiety causes children to perseverate on potential dangers, with many coming to believe that the world is a dangerous place. Unhelpful fear-based beliefs can cause issues such as refusing to go to school/daycare, emotional outbursts when forced to separate from caregivers, difficulty socializing, inability to focus on schoolwork or participate in group activities, sleep disturbances, and increased anger/irritability.

The ABCs of Anxiety

Anxiety can impact the lives of children in the following ways:
via anxietybc.com

A

AFFECT:
EMOTIONALLY AND
PHYSICALLY—WHAT
THEY FEEL IN THEIR
BODY



B

BEHAVIOUR:
WHAT THEY DO OR
THEIR ACTIONS, SUCH
AS AVOIDING OR
SEEKING-REASSURANCE



C

COGNITION:
WHAT GOES THROUGH
THEIR MIND, LIKE
WORRISOME THOUGHTS



D

DEPENDENCE:
WHAT HAPPENS OVER
TIME IS THAT CHILDREN
AND TEENS RELY TOO
MUCH ON THEIR PARENTS



Interventions for anxiety typically revolve around increasing understanding of what anxiety is, how it is caused, what it does to the body, and how to regain control by using self-soothing techniques, enhancing critical thinking, and learning how to identify and express feelings.

Find out more at kellymentalhealth.com