



LA PLATA FAMILY
THERAPY

15 Signs of Childhood Anxiety & How To Help

Hillary Wolfe

*Child Therapist,
LCSW, RPT-S*



15 Signs of Childhood Anxiety



When anxious behavior and emotions show up in your child it can feel overwhelming for the child and for the parents.

Learning how to show up for your anxious child, to walk with them in their feelings and guide them takes practice. The important thing is to work together, helping them with the tough feelings and emotions.

Our team of child therapists at La Plata Family Therapy has helped hundreds of children work through their anxiety. As a result children are less anxious and parents are more confident in helping their child work through their anxiety.

To help you begin to discern if your child is anxious, take a pencil and mark off which anxiety symptoms your child has been displaying:

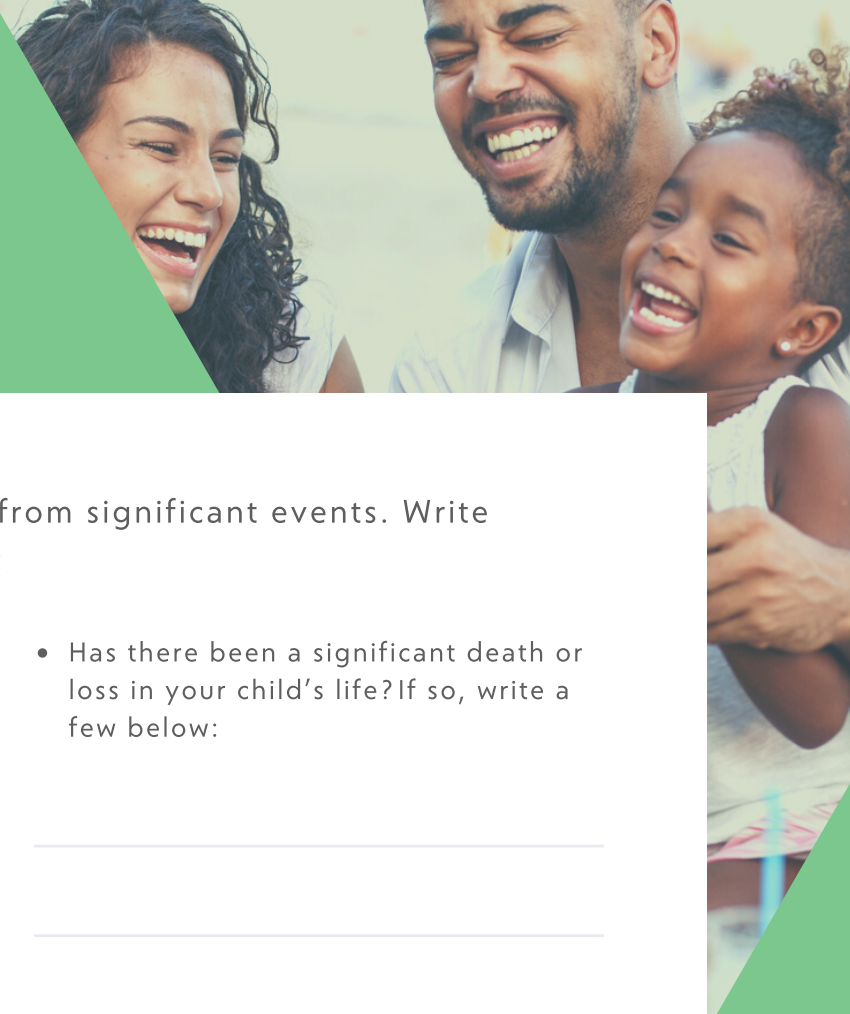
Does Your Child Exhibit Any of These?

- ☐ Headaches
- ☐ Complaints about stomach pain
- ☐ Fatigue
- ☐ Trouble concentrating or short attention span
- ☐ Irritability
- ☐ Muscle tension or aches
- ☐ Trouble getting to sleep or staying asleep (insomnia)
- ☐ Refusing to sleep alone
- ☐ Restlessness
- ☐ Avoiding people or social situations (isolation)
- ☐ Refusing to go to school
- ☐ Intense worry when a parent or guardian goes to work/leaves.
- ☐ Excessive crying
- ☐ Constant worry about being lost or abandoned
- ☐ Excessive Worry or distress

Disclaimer: This is not a diagnosis - only a health professional can provide that - but it can give you a better sense if your child is displaying symptoms of anxiety.



Further Questions To Consider



Anxiety in children can be triggered from significant events. Write out any of the follow that may apply:

- Is there a history of anxiety in your family? (parents, grandparents, aunts & uncles)? If so, write below:

- Has there been a significant death or loss in your child's life? If so, write a few below:

- Have there been any major transitions in your child's life? (new school, moving, divorce?)

If so, write a few below:

- Did your child experience any trauma? (bullying, divorce, car accident, sickness?)

If so, write a few below:

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How To Help Your Anxious Child



If your child is experiencing anxiety try these parenting tips to help lower their anxiety.

Tip #1: Track the anxiety with a mood chart

Does anxiety get big at bedtime? Maybe at school drop off, or right before eating a meal. Whenever it shows up, it's helpful to note and see if a pattern emerges.

If there is a pattern, then you may begin to notice what happens right before the anxiety and find clues to what is causing the feelings. With a pattern, you can begin to plan for big feelings of anxiety, talk about what you are going to do, and then implement it together.

[Download this Mood Chart](#) we created for you and begin to track your child's anxiety and see if there's a pattern!

Tip #2: Asking What Anxiety Needs

Try to think of anxiety as a need to be met. It's kinda like when your child is cold: you'd meet the cold need by a warm blanket, or a coat, or a long-sleeve shirt.

Try asking, "What does your anxiety need right now? Does it need a hug, a deep breath, a snuggle? Does it need something to drink? Does it need

something to eat? Does it need a song or some fresh air?"

In asking what your child may need (and giving them a few options or examples to start) you are giving your child ways to problem solve for what the feeling needs.

Tip #3: Implement Anxiety Plans Playfully

Being playful with your child when helping them deal with their anxiety can help them meet the challenging feelings in a new way. If you have tracked your child's anxiety to be a half-hour before bedtime begin to talk about the feelings that might be coming mid-day together.

Try This: Try playing modified charades with actions or things your child and you use to combat feelings of anxiety can be empowering and fun.

Try to write down the coping skills and tools you and your child problem solve together on small pieces of paper, fold them and put them in a hat, then try taking turns having one of you pick a tool/skill and act it out while the other person has to guess.

This will give you a way to plan for the anxiety, problem-solve for anxiety's needs and practice ways to implement your strategies!

If you experience your child's anxiety is growing, please reach out to a child therapist.

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We're Here to Help!

We know how hard it is to parent a young one with anxiety. It won't last forever.

With professional help you can speed up the healing processes.

[Schedule An Appointment Today](#)

Here's how we can help:



STEP 1
Tell Us Your Story



STEP 2
We Make a Plan



STEP 3
Experience Growth



Schedule An Appointment Today!



"I have been a patient for the past 2 1/2 years and I would recommend Hillary to anyone. She is a very supportive individual and I am comfortable enough to express my feelings and thoughts, knowing she will guide me in the right direction."



- Anderson G

click here



Visit:

<https://laplatafamily.com/>

A lot of kids who struggle with anxiety and anger get stuck and many parents struggle with how to help their children.

At La Plata Family Therapy we create custom plans to help kids get unstuck and equip parents to better understand their children & make lasting connections with them.





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