

5 Common Signs of Anxiety in Children. & Ways to Help Them!

Transitions

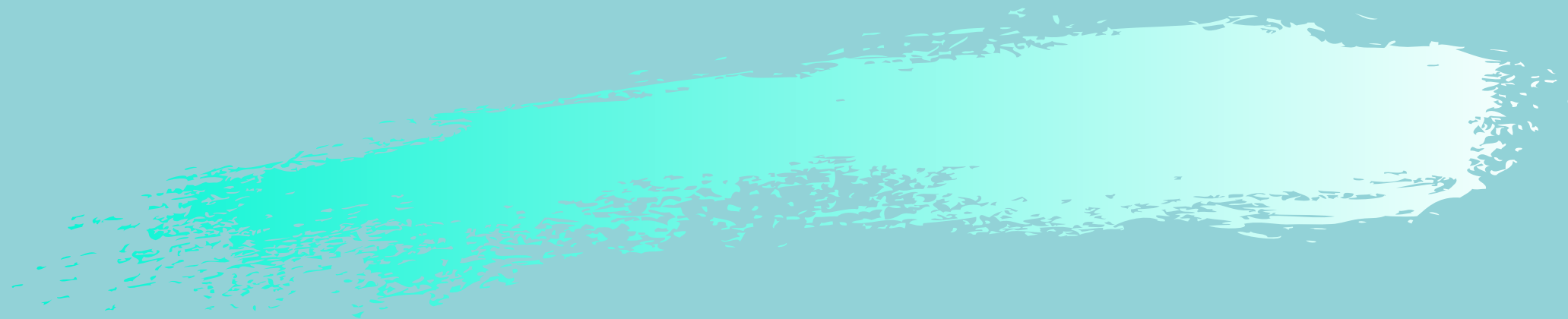
TRANSFORMING
CHALLENGING CHILD
BEHAVIOURS



What is Anxiety?



Anxiety is a constant feeling of worry, nervousness or fear. Many children feel anxious at times, especially when faced with stressful events and unexpected changes to their lives, it's a natural human response when they perceive that they are in danger. However if these continuous feelings of anxiety impact their ability to carry out life as normal, they could have an anxiety disorder.



Not Eating Properly!



Ways to help:

- Give your Child foods that are full of Omega 3 Fatty Acids– foods such as salmon, walnuts and spinach help reduce cortisol levels, improving their mood.
- Brown bread and rice just like other complex carbs, reduce anxiety as they are rich in magnesium.
- Blueberries are great for decreasing stress and anxiety as they are full of Vitamins and Antioxidants. Try putting them in a smoothie!



2. Feeling Tense and Fidgety, or Using the Toilet Often

Fidget toys have increased in popularity in recent years as a way to increase focus, reduce restlessness, and manage anxiety.

Experts have mixed feelings about how effective they are, but plenty of people swear by them.

Fantastic fidget toys!

- Mini Rubiks Cubes
- Fidget Ball/ Spinners
- Sculpture Sand
- Newton Cradle

Help your child see the big picture.

Example: If your child blows up when doing homework, wait for things to calm down. Then encourage your child to reflect on what caused those feelings and how it made them feel physically.

Talk about what you both might be able to do next time to relieve some of that anxiety.


3. Quickly Getting Angry or Irritable, and Being Out of Control During Outbursts



4. Complaining of Tummy Aches and Feeling Unwell

If your child is complaining of tummy ache and you know that it is brought on by anxiety you may want to avoid the situations that are putting your child into this position. Helping a child avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run.

If a child in an uncomfortable situation gets upset, starts to cry—not to be manipulative, but just because that's how she feels—and her parents whisk her out of there, or remove the thing she's afraid of, she's learned that coping mechanism, and that cycle has the potential to repeat itself.



5. Finding it Hard to Concentrate

Slow Down!

Encourage your child to take some slow, deep breaths to calm the physical effects of anxiety. Practice together by breathing in for three seconds, holding for three seconds, then out for three. This is a great day to get your child into the 'zone' to concentrate. It allows them to focus their mind on the task in front of them.





Transitions

TRANSFORMING
CHALLENGING CHILD
BEHAVIOURS