

HELPING CHILDREN COPE WITH ANXIETY



When children are put into new situations it can be an exciting yet stressful time. Entering a new day care, going to school, or beginning a new activity can create a certain degree of anxiety for a child. This is especially true if your child already experiences symptoms of anxiety such as:

- ☹️ Headaches
- ☹️ Stomach aches
- ☹️ Sleep Problems
- ☹️ Depression
- ☹️ Excessive shyness
- ☹️ Unusual worrying

While you may not be able to completely ease your child's anxiety, there are some things you can do to help them to better deal with it, and to help them be prepared for changes in their routines. Here are some ideas on how to prepare for some of these events:

1. Practice being apart- If your child is entering a day care or going off to school ease them into it by setting up partial days spent at a friend or relatives home.
2. Learn as much as you can about anxiety and be prepared to deal with it when you see your child beginning to struggle.
3. Prepare for events in advance- whether it be daycare, school, or an activity, try to get prepared early so that the last minute rush is not itself anxiety producing.
4. Talk about what is going to happen in advance, and talk about how the experience will go in advance.
5. Stay calm and show confidence as you approach the event. It may be helpful to share your own experiences and how you felt.

Both adults and children are stressed by certain events in life. The more you can be aware of your child's feelings and be involved in their lives, the more you can help them to deal with their fears and anxieties.

For Further Information:

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