



## ANXIETY IN CHILDREN

**It is common for children and even adults to experience a level of anxiety at the start of the school year.** For our children, the new academic year, can be exciting and scary simultaneously. It is therefore no surprise that some of them struggle with worrying, fears or anxiety. Anxiety, worry and fear are natural emotions. Anxiety is a feeling of worry or fear that something bad is going to happen. Anxiety often involves physical symptoms such as butterflies in their stomach, nausea and difficulty concentrating. It is common for them to avoid what's causing the anxiety or wanting lots of reassurance.

### How to Support Children with Anxiety

Before we can support our children through this difficult situation, we will have to support ourselves. It is useful for us to remember that as parents and care givers, our danger signals will be set off when we observe our children struggling. Consequently, we will be tempted to rescue them from whatever contributes to the anxiety and discomfort. Our job is to:

- Validate their feelings by acknowledging their fear or worry, and reassure them that it's common for children to feel anxious at times.
- Have open conversations about their concerns and listen attentively.
- Gently encourage and support them in confronting situations that cause anxiety.
- Allow them to face challenges independently before stepping in to assist.
- Be specific when praising their efforts and recognize their perseverance.
- Commend them for attempting tasks that trigger their anxiety.
- Avoid criticizing them for feeling afraid or worried.
- Refrain from labeling them as "shy" or "anxious."

- Ensure they maintain a healthy lifestyle with balanced nutrition, regular physical activity, and adequate sleep, as physical health supports mental well-being.

Seek professional help if you think anxiety is affecting your child's health and happiness

For more information visit:

[Karen Young](#)

[SchoolTV: Anxiety](#)

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