



ANXIETY is experienced by many children and usually exists on a continuum from minor to debilitating. Approximately 2- 3 percent of children develop a significant anxiety disorder. Anxiety develops through high levels of sensitivity to any sign of danger. By 21 months of age, a parent may notice inhibited behavior in their child that stops the child from exploring their environment the ways other children explore. The development of anxiety depends on the balance between innate vulnerability to anxiety and available support and coping skills. Many children need more assistance in developing special coping skills to manage their anxious feelings. Anxiety tends to come and go to those who are predisposed to it and often becomes more acute or obvious when the child is faced with a new stressor. Counseling can help children master new situations, build confidence and prepare the child to face new life challenges.

COMMON QUESTIONS

- ☺ *Will my child “outgrow” his/her anxiety?*
- ☺ *Can Play Therapy help my child increase his/her coping skills?*
- ☺ *My child is highly sensitive, how does this affect his/her anxiousness?*
- ☺ *If my child has just recently become very anxious and will not let me out of his/her sight, what can I do to assist my child?*
- ☺ *I am not sure what triggers my child’s anxious responses. Is there a way to identify and understand his/her triggers and accompanying distress signals?*
- ☺ *My child has a number of fears. Will my child get over his/her fears over time? When do fears become phobias?*
- ☺ *How do I know if my child needs medication? What type of medication is typically used to treat anxiety in children?*