

PARENTING YOUR ANXIOUS CHILD



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Anxiety is a common experience to all of us on an almost daily basis. Often, we use terms like jittery, high strung, and uptight to describe anxious feelings. Feeling anxious is normal and can range from very low levels to such high levels that social, personal, and academic performance is affected.

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Keys to Parenting Your Anxious Child Book by Katharina

The author also discusses warning signs that indicate a need for professional counseling and tells parents how and where to find it. Titles in Barron's Parenting Keys series cover a wide range of child-care topics and are written by experts in pediatrics, child psychology, and related fields.

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You'll learn how to help your child overcome intense fears and worries and find out how to relieve anxious feelings while parenting with compassion. Help your child practice "detective thinking" to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn important social skills.

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Keys to Parenting Your Anxious Child offers a comprehensive view on pediatric anxiety issues and gives parents a realistic and poignant perspective of the child's experience.

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Parenting the Anxious Child HealthyPlace

Parenting an anxious child can be challenging. Discover what causes child anxiety plus how to help children manage anxiety triggers.

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WorryWiseKids.org Parenting Tips for Anxious Kids

Expectations of your child. It's important that you have the same expectations of your anxious child that you would of another child (to go to birthday

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