

Social Emotional Support Newsletter

Understanding and Supporting Your Child's Anxiety

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Fears by Age:

0-2 yrs.

Separation from caregivers, strangers, loud noises

2-3 yrs

Animals, darkness, thunder and lightning, fire, water

4-5

Bugs, getting lost, monsters, death

5-7

Germs/illness, natural disasters, school

7-12

Performance anxiety (like tests or presentations), social situations, burglars, and kidnappers.

13-18

Social Fears: about how they look or whether they will fit in, afraid before they give a report in class, start a new school, take a big exam, or play in a big game

Anxiety is a normal reaction to stressful or difficult situations. It's a feeling of worry, nervousness, or unease. Sometimes, anxiety can become more intense and frequent, which can interfere with daily life. This is when it might be considered an anxiety disorder.

Recognizing Stress VS Anxiety Disorders in your Child

ANXIETY

A normal reaction to stress or difficult times..

Triggered by a specific stressor.

Has a start and ending point.

Can be helpful or motivational.

Lessens significantly or disappears away from stressful situations.

Relaxing often helps you feel better.

A response to toxic situations.

ANXIETY DISORDERS

Often comes out of nowhere.

Intense or disproportionate emotional response.

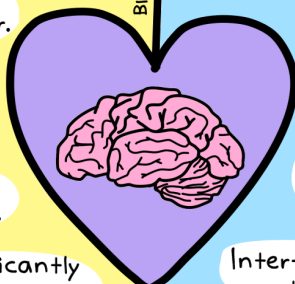
Ongoing and lasts weeks or months.

Interferes with day-to-day life.

Physical symptoms like sweating, trembling, lightheadedness, racing heart.

Feels impossible to control or manage.

Blessing/Manifesting



Common signs of Stress

IMPORTANT: The symptoms listed below are NORMAL reactions to a stressful situation

Changes in behavior

- ▶ Energy Levels/Sleep/Eating
- ▶ Irritability/Anger Outbursts
- ▶ Isolation/Withdrawal
- ▶ Worrying/Panic
- ▶ Mood Swings/Tantrums
- ▶ Clinginess
- ▶ Nightmares
- ▶ Stomachaches/Headaches
- ▶ Trouble Concentrating/Forgetfulness



Information from STEPHANIE SHARP, PHD (PEDIATRIC REHABILITATION PSYCHOLOGIST - CHILDREN'S HOSPITAL COLORADO / ASSISTANT CLINICAL PROFESSOR - UNIVERSITY OF COLORADO HOSPITAL)

Coping Skills that Help Reduce Anxiety

Coping Skills

Leaning into Discomfort

It's important for children to learn to cope with uncomfortable feelings.

You can support them through it.

What Adults Can Do:

Listen: Be present and listen to your child's concerns without judgment. Avoid adding your own anxieties to the situation.

- Listen without trying to immediately solve the problem.
- Encourage them to draw or write about their feelings.
- Practice breathing exercises together.
- Ask them, "What do you need right now?"
- Help them focus on positive things that happen each day.

Focus on S.C.O.R.E. for Overall Well-being:

S- Sleep: Ensure your child gets enough sleep.

C- Consume: Pay attention to what your child consumes, including healthy food, limiting screen time, and drinking enough water.

O- Outdoors: Encourage daily outdoor time.

R- Relationships: Support positive relationships with family and friends.

E- Exercise: Promote daily physical activity.