

Developmental period	Common anxieties
Babies and Toddlers	Separation from parents, strangers, loud noises and heights
Pre-schoolers	Animals, darkness, parental separation and abandonment, supernatural beings such as monsters and ghosts, and natural phenomena such as thunder and lightning
Young primary school students	Supernatural beings (e.g. monsters, ghosts), darkness, loud noises, natural phenomena (e.g. thunder, lightning), nightmares, getting sick or hurt. May also begin to worry about school work and social relationships
Older Primary School Students	May continue to fear natural phenomena (e.g. earthquakes, thunder, and lightning) but most of their fears and anxieties centre around school, health and home-related events. School events include test-taking, poor grades, rejection by classmates, and reprimand by the teachers/principal. Health events include physical harm, illness, medical procedures and death. Among the home events are parental conflict and punishment. Older students may also have anxieties around global issues such as war or famine.
Preteens and teens	Social situations, peer evaluation, tests, public speaking, failure, criticism, physical harm or threats, family relationships, and global issues such as war, economic, or political threats.

This week I have put a couple of resources in here to assist parents in understanding how some behaviours that your child is displaying may be caused by anxiety. Anxiety can appear in a range of ways.

If you are looking for more information here is the link to Be You and a fact sheet about Anxiety.

<https://beyou.edu.au/fact-sheets/mental-health-issues-and-conditions/anxiety>

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



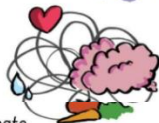
7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



Here is a link to a free resource that offers ideas for supporting anxious children-

<https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf>

Podcast: Your Anxious Child Podcast

<https://podcasts.apple.com/au/podcast/your-anxious-child/id937022377>

Warmly, Rosie