

FREEING YOUR CHILD FROM ANXIETY



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Child Anxiety Parents

In Growing Up Brave, Dr. Donna Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. Perhaps your young child has trouble sleeping or separation anxiety, or your teen suffers from social anxiety or panic attacks--whatever the issue

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CHEO Helping Children Cope with Fear and Anxiety

Health Stories. Helping Children Cope with Fear and Anxiety. By Dr. Anand Prabhu, Psychologist; Team Leader Mood and Anxiety Team, CHEO Dylan is afraid of the dark.

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Anxiety symptoms Definition Description Demographics

Definition Anxiety is a condition of persistent and uncontrollable nervousness, stress, and worry that is triggered by anticipation of future events, memories of past events, or ruminations over day-to-day events, both trivial and major, with disproportionate fears of catastrophic consequences.

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WorryWiseKids.org Anxiety 101

Though we may all experience anxiety from time to time, when it comes to trying to explain to youngsters the ins and outs of how anxiety works, we may be at a loss.

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When Your Child Has Obsessive Compulsive Disorder

Most people have heard of OCD (obsessive-compulsive disorder). It is the condition Jack Nicholson's character has in the movie As Good as It Gets. It's been featured on television

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