

# Helping Your Anxious Child



THIRD EDITION

A Step-by-Step Guide for Parents

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# Your Anxious Child

**Ronald M. Rapee**



## **Your Anxious Child:**

*You and Your Anxious Child* Anne Marie Albano, Leslie Pepper, 2013-04-02 One of the world's foremost experts on anxiety in children provides a guide to recognizing and alleviating a range of debilitating fears Anxiety affects more children and teens than any other psychiatric illness but it's also the most treatable emotional disorder Some 25 percent of children and adolescents will suffer an anxiety disorder at several points in their lifetime resulting in serious problems in their ability to function in school with peers and on a general day to day basis A renowned researcher and clinician who has developed groundbreaking proven coping strategies illuminates a new path to fear free living for families You and Your Anxious Child differentiates between separation anxiety generalized anxiety and social phobia and guides parents on when and how to seek intervention With moving case studies such as Jon's whose mother quit her job because his separation anxiety compelled her to stay with him full time this book elucidates the nightmare that families can be living and helps them understand that they are not alone Every step of the way Albano illustrates proven therapies to manage anxiety issues in children while addressing the emotional needs of parents too You and Your Anxious Child brings much needed hope to families helping them shape a positive new vision of the future

*Your Anxious Child* John S. Dacey, Martha D. Mack, Lisa B. Fiore, 2016-05-31 A fully revised and updated new edition of a bestselling book designed to help parents teachers and counsellors support young people suffering from anxiety Offers an array of innovative strategies organized into the authors four step COPE program which has undergone more than 20 years of successful field testing Each strategy is accompanied by a set of activities contextualized with full details of the appropriate age level materials needed suggested setting and a template script Presents a straightforward account of anxiety the most prevalent clinical diagnosis in young people written with a careful balance of scientific evidence and benevolence Features a brand new chapter on preschoolers and a companion website that includes instructional MP3 recordings and a wealth of additional resources

**Helping Your Anxious Child** Ronald M. Rapee, 2010-05 A guide for parents whose children suffer from excessive fears and worries

**Parenting Your Anxious Child with Mindfulness and Acceptance** Christopher McCurry, 2009-03-03 In Parenting Your Anxious Child with Mindfulness and Acceptance parents learn responsive parenting techniques drawn from acceptance and commitment therapy ACT and other well researched parent child treatment programs Children who suffer from separation anxiety excessive worry and other anxiety problems can benefit greatly from the simple ACT skills presented in this book

*Calming Your Anxious Child* Kathleen Trainor, 2016-06-15 Practical effective steps for parents to take as they help their child overcome anxiety Ten million children in the United States two million of them preschoolers suffer from anxiety Anxious children may be afraid to be out of their parents sight they may refuse to talk except to specific people or under specific circumstances they may insist on performing tasks such as brushing teeth or getting ready for bed in a rigidly specific way For many children these difficulties interfere with doing well in school and making friends as well as with daily activities like sleeping eating and

bathing Untreated anxiety can have a devastating effect on a child's future emotional, social, academic, and work life. And since most kids don't naturally outgrow anxiety, parents need to know how to help. In *Calming Your Anxious Child*, Dr. Kathleen Trainor builds on cognitive behavioral therapy to provide practical steps for guiding parents through the process of helping their children manage their anxieties and gain control over their worry-based behaviors. Dr. Trainor's method involves identifying the anxieties and the behaviors, rating them, agreeing on what behaviors to work on, changing, identifying strategies for changing behaviors, noting and charting progress, offering incentives, and reinforcing progress. Combining family stories with practical advice and support, *Calming Your Anxious Child* teaches parents and caregivers how to empower their children to overcome their worried thoughts and behaviors. Children who have generalized anxiety, OCD, social anxiety, separation anxiety, phobias, or PTSD can all benefit from Dr. Trainor's method, which also helps parents move from feeling controlled by their child's anxiety to feeling that they are in control of their family's future.

**Stop Worrying about Your Anxious Child** Tonya Crombie, 2021-02-09

**Helping Your Anxious Child** Ronald Rapee, Ann Wignall, Susan Spence, Heidi Lyneham, Vanessa Cobham, 2008-12-03

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries, phobias, separation anxiety, panic attacks, social anxiety, or obsessive compulsive disorder that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven, effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to 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. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit, an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

**Helping Your Anxious Child** Julie Lowe, 2018-09-10

When your child is anxious, it's easy to get anxious too. You want to help your child regain a sense of peace and safety, but how can you? This world is big and scary, and sometimes our worries get big too. Julie Lowe, a skilled family counselor with more than twenty years of experience, guides parents in assessing their child's anxiety.

**Keys to Parenting an Anxious Child** Katharina Manassis, 2015

**Keys to Parenting Your Anxious Child** Katharina Manassis, 2015

A helpful guide to recognizing anxiety in children, both at home and in school. Offers advice on bullying, cyberbullying, school phobia, and more.

**Your Anxious Child** John S. Dacey, Martha D. Mack, Lisa B.

Fiore,2016-03-22 A fully revised and updated new edition of a bestselling book designed to help parents teachers and counsellors support young people suffering from anxiety Offers an array of innovative strategies organized into the authors four step COPE program which has undergone more than 20 years of successful field testing Each strategy is accompanied by a set of activities contextualized with full details of the appropriate age level materials needed suggested setting and a template script Presents a straightforward account of anxiety the most prevalent clinical diagnosis in young people written with a careful balance of scientific evidence and benevolence Features a brand new chapter on preschoolers and a companion website that includes instructional MP3 recordings and a wealth of additional resources

**The Anxiety Cure for Kids** Elizabeth DuPont Spencer,Robert L. DuPont,Caroline M. DuPont,2003-09-10 A comforting practical guide to helping your child deal with anxiety Fear worry stomach pains self doubt these are all classic symptoms of anxiety in children and teenagers Anxiety affects both boys and girls regardless of age size intelligence or family specifics And the only way your family can be free of anxiety is to confront it every time it appears This book will show you how The bestselling authors of The Anxiety Cure present a reassuring guide to help adults and children understand the way anxiety works Using characters such as the Dragon and the Wizard The Anxiety Cure for Kids explains how to overcome the negative impacts of anxiety and turn anxiety into a positive opportunity for the whole family It outlines specific action steps to regain full control of your anxious child s life You ll learn how to communicate effectively with your child help him or her confront fear and boost your child s feelings of accomplishment and self esteem The book also includes helpful advice for anyone who works with anxious children such as teachers coaches therapists and school nurses The plentiful exercises and tips reveal how to Recognize the symptoms of anxiety in your child Evaluate your child s need for medication and or therapy Utilize a journal to gain a clear perspective Assess the role of your family in anxiety disorders Set goals for the future including what to do if anxiety returns Overcoming anxiety in children takes time and persistence but it can be done By making changes little by little your child can get well and stay well The lessons in The Anxiety Cure for Kids have helped many children break free from anxiety and with your family s help your child will too

**Freeing Your Child from Anxiety** Tamar Chansky, Ph.D.,2008-11-19 Anxiety is the number one mental health problem facing young people today Childhood should be a happy and carefree time yet more and more children today are exhibiting symptoms of anxiety from bedwetting and clinginess to frequent stomach aches nightmares and even refusing to go to school Parents everywhere want to know All children have fears but how much is normal How can you know when a stress has crossed over into a full blown anxiety disorder Most parents don t know how to recognize when there is a real problem and how to deal with it when there is In Freeing Your Child From Anxiety a childhood anxiety disorder specialist examines all manifestations of childhood fears including social anxiety Tourette s Syndrome hair pulling and Obsessive Compulsive Disorder and guides you through a proven program to help your child back to emotional safety No child is immune from the effects of stress in today s media saturated society Fortunately anxiety disorders are

treatable By following these simple solutions parents can prevent their children from needlessly suffering today and tomorrow [www.broadwaybooks.com](http://www.broadwaybooks.com) From the Trade Paperback edition *Helping Your Anxious Child* Katherine Guzman,2021-03-31 All children have fears but not all have anxieties Time for you as a parent to learn how to deal with those anxieties Being afraid of the dark is a very common fear among children Even adults jump at shadows ever watched a horror movie and tried to get a glass of water in dim light From bugs to darkness to strange phenomena children are afraid of the unknown They have no reference point to explain these new stimuli and they turn to the most basic instinct of human nature fight or flight Childhood fears are definitely concerning for any parent to deal with However things take an even more worrying turn when children have to battle the extreme In other words what do you do when children refuse to take part in school activities show no enthusiasm for all the activities they normally love to do have frequent stomach aches or become withdrawn and irritable The answers lie in Katherine Guzman s new book that focuses on children s anxieties *Helping Your Anxious Child* is Katherine s attempt to demystify anxiousness in children so that parents can finally bring to light the overall problem No more do parents have to constantly question the nature of their children s behavior After all knowledge truly is power In your hands you now have the power to understand more about anxiety in children As you read the pages of this book you will learn discover What anxiety in children looks like and how it works The form they take from panic disorders to social anxieties The reality behind anxieties and the ability to dispel the myths surrounding them How you as a parent can deal with anxiety Ways to start a conversation with your children about anxieties Whether anxieties are environmental or if there are other influential factors The dos and don ts of dealing with anxiety How to stay in control when things are out of control Tips to deal with Obsessive Compulsive Disorders OCD AND more Parents will be able to guide not just their children but themselves too as they shed light on anxieties that affect their little ones Scroll up and click Buy now to get a copy of *Helping Your Anxious Child* today **Parenting Your Anxious Child** Hubert Woolery,2021-02-21 55% OFF for Bookstores Still struggling to parent your anxious child Do typical parenting approaches not work Do you struggle with what to do to help your child Parenting an anxious child can make you feel powerless Anxiety can rule not only your child s life but it can rule your life as well Kids come to us with these challenges Why can t I just raise my hand in class What if things don t go my way I hate making mistakes in front of other people I don t know why I just know that I worry Nothing I try works I just keep worrying What if I can t do it What if I fail You are not powerless You can learn effective tools and teach them to your child When kids get anxious they need us adults to help them make sense of their worries and to give them the skills and strategies to cope with it This book is designed to equip you to do just that Parenting and empowering anxious children can be tricky Who this book is for Parents of children and teenagers Teachers coaches and other adults who work with children and teenagers Professionals who work with parents and teacher In less than 3 hours you will have all the skills you need to be an effective parent and anxiety coach to your child Who wouldn t want to make time for that [Raising an Anxious Child](#) Erika

Miller,2021-04-02 Still struggling to parent your anxious child Do typical parenting approaches not work Do you struggle with what to do to help your child Parenting an anxious child can make you feel powerless Anxiety can rule not only your child s life but it can rule your life as well Kids come to us with these challenges Why can t I just raise my hand in class What if things don t go my way I hate making mistakes in front of other people I don t know why I just know that I worry Nothing I try works I just keep worrying What if I can t do it What if I fail You are not powerless You can learn effective tools and teach them to your child When kids get anxious they need us adults to help them make sense of their worries and to give them the skills and strategies to cope with it This book is designed to equip you to do just that Parenting and empowering anxious children can be tricky Who this book is for Parents of children and teenagers Teachers coaches and other adults who work with children and teenagers Professionals who work with parents and teacher [Raising An Anxious Child](#) Katherine Guzman,2021-06-07 All children have fears but not all have anxieties Time for you as a parent to learn how to deal with those anxieties Being afraid of the dark is a very common fear among children Even adults jump at shadows ever watched a horror movie and tried to get a glass of water in dim light From bugs to darkness to strange phenomena children are afraid of the unknown They have no reference point to explain these new stimuli and they turn to the most basic instinct of human nature fight or flight Childhood fears are definitely concerning for any parent to deal with However things take an even more worrying turn when children have to battle the extreme In other words what do you do when children refuse to take part in school activities show no enthusiasm for all the activities they normally love to do have frequent stomach aches or become withdrawn and irritable The answers lie in Katherine Guzman s new book that focuses on children s anxieties *Helping Your Anxious Child* is Katherine s attempt to demystify anxiousness in children so that parents can finally bring to light the overall problem No more do parents have to constantly question the nature of their children s behavior After all knowledge truly is power In your hands you now have the power to understand more about anxiety in children As you read the pages of this book you will learn discover What anxiety in children looks like and how it works The form they take from panic disorders to social anxieties The reality behind anxieties and the ability to dispel the myths surrounding them How you as a parent can deal with anxiety Ways to start a conversation with your children about anxieties Whether anxieties are environmental or if there are other influential factors The dos and don ts of dealing with anxiety How to stay in control when things are out of control Tips to deal with Obsessive Compulsive Disorders OCD AND more Parents will be able to guide not just their children but themselves too as they shed light on anxieties that affect their little ones Scroll up and click Buy now to get a copy of *Helping Your Anxious Child* today **Helping Your Anxious Child** ,2000 *Your Anxious Child* Mary Ann Shaw,1995 Anxiety can be a severe problem not only for adults but also for their children *Your Anxious Child* helps readers recognize children s fears and gives the information that will help them to cope *Your Anxious Child* will help parents understand and correct many underlying causes of anxiety in children Dr Shaw gives valuable advice on how to stop anxiety before it starts to

interfere with natural child development BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved *101 Tips to Help Your Anxious Child* Poppy O'Neill, 2020-08-13 As a parent it can often be difficult to know how best to support your child when they become fearful and worried This guide offers ways to help you to help your child articulate how they are feeling and offers effective coping strategies and simple lifestyle tweaks to manage anxiety by building their resilience and self confidence for life

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### **Your Anxious Child Introduction**

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