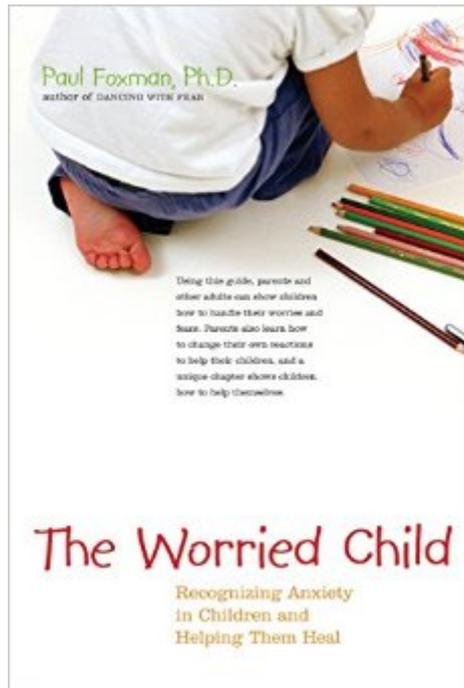


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# The Worried Child: Recognizing Anxiety In Children And Helping Them Heal



## Synopsis

Anxiety in children diminishes their intellectual, emotional and social development, as well as physical health. Author Paul Foxman believes there are three interacting ingredients that contribute to anxiety in children -- biological sensitivity, personality, and stress overload. *The Worried Child* shows that anxiety is preventable &#150; or can at least be minimized &#150; by raising children's self confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs. Written for parents and teachers and anyone dealing with children, the guide covers the importance of adequate rest, sleep, and exercise and provides detailed lists, skill exercises, sample dialogues, and case studies. It also presents extensive information on the various types and symptoms of anxiety disorders. Advice for educators, health care professionals, childcare workers and psychotherapists is included along with a chapter and tutorial written specifically for children. *The Worried Child* is a highly accessible self-help guide for anyone dealing with a child who is or may become anxious.

## Book Information

Paperback: 304 pages

Publisher: Hunter House; 1 edition (January 16, 2004)

Language: English

ISBN-10: 0897934202

ISBN-13: 978-0897934206

Product Dimensions: 6 x 0.9 x 8.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #76,480 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #124 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #139 in [Books > Self-Help > Emotions](#)

## Customer Reviews

How do I know if my child is worried or anxious? What causes a child to worry or become anxious? How can I talk to her about the problem? What resources are there for us? These and many other questions will be answered in the book *The Worried Child* by Paul Foxman PHD. Dr Foxman takes a gentle and common sense approach to helping the child and the family in this situation. He explains that there are many things that can cause stress and anxiety for a child, and discusses the impact it has on their daily lives and well being. He explains the difference between the normal every

day stress and worry a child might feel and when it crosses the line to become a disorder that needs to be reckoned with. He presents information on how to recognize if your child is showing symptoms of anxiety. Issues from home life to school to the possible sexual abuse are addressed in these pages. disorders from Generalized Anxiety to OCD, Panic and Separation anxiety explained. There is information on conflict resolution, which can be so important, not just for our children, but for ourselves. All types of therapy are discussed, from conventional "talk therapy" to medications, and alternatives such as herbals, flower remedies and homeopathy. No matter what your personal philosophy of treatment might be, this book will help you along the way. The importance of good nutrition, and relaxation is emphasized. From the birth, to the child in college. Fears and stressors are discussed and possible solutions for allaying them are suggested. The important matter of bonding is addressed. Not just bonding with the child before and at birth, but staying connected with her throughout the years.

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