

COUNSELOR'S CORNER

WHAT DO I DO WHEN MY CHILD WORRIES??

Even in the best of situations, all children experience some anxiety in the form of worry, apprehension, fear or distress. Occasional nervousness and anxieties occur when a child is first faced with an unfamiliar or stressful situation.

During the school-age years, children gain access to new information that can cause them to fear real-world dangers such as fires, burglars, storms, or illnesses. With experience, they learn that these risks are rare, rather than imminent dangers. Some kids also experience occasional separation anxiety or test anxiety. Typically these concerns will resolve when the child learns to master the situation or the situation changes.

As a parent, you can help your child adjust to a new challenge:

- **Accept your child's concerns**
- **Listen to your child's perceptions and gently correct misinformation**
- **Patiently encourage your child to approach a feared situation one step at a time until it becomes familiar and manageable.**

While some anxiety is normal and even necessary, it can also prevent a child from fully participating in typical activities of daily life like school, friendships, and family functions if unresolved. Problematic anxiety can cause physical distress in the form of headaches, stomachaches, nausea, vomiting and sleeplessness. Reluctance to go to school or other places outside of the child's comfort zone, crying, and clinginess can also be common. If you have concerns about your child's anxiety, talk to your pediatrician and let us know at school so that we can help minimize anxiety during your child's time here.

During lessons this month, your child will be learning about how to deal with worry and stress. Please contact me if you have any questions.

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Parents! Don't forget to
print the bookmark for
you students!

March

Relax!

-Read a book

*-Take slow, deep
breaths,*

-Exercise

-Draw a picture

-Talk to someone

-Write in a journal

*-Watch a funny
show*