

What is Anxiety

Occasional anxiety in children is expected and normal at specific times in development. However, persistent or extreme forms of fear and sadness could be due to anxiety. When a child does not outgrow the typical fears and worries, or when there are so many fears and worries it interferes with school, home, or play activities, the child may be diagnosed with an anxiety disorder.

Resource Toolbox



Signs of Anxiety

- Being afraid when away from parents
- Having extreme fear about specific situations/things
- Fear of large social activities
- Worrying about future negative outcomes
- Having repeated episodes of panic attacks (heart pounding, hyperventilation, dizziness, trembling, sweating)

1. Helpful Websites

- [NIMH.gov](https://www.nimh.gov)
- [TCMHCC.utsystem.edu/resources/anxiety/](https://www.tcmhcc.utsystem.edu/resources/anxiety/)
- [CDC.gov/childrensmentalhealth/depression.html#anxiety](https://www.cdc.gov/childrensmentalhealth/depression.html#anxiety)

2. Resources for Parents

- [Tinyurl.com/FactsforFam](https://www.tinyurl.com/FactsforFam)
- [Coursera.org/learn/everyday-parenting](https://www.coursera.org/learn/everyday-parenting)
- [Utxas.box.com/v/ParentsAnxietyGuide](https://www.utexas.box.com/v/ParentsAnxietyGuide)

3. Books for Parents

- *Your Adolescent*, David Pruitt M.D. and AACAP
- *Monkey Mind*, Daniel Smith

4. Books for Children

- *Wilma Jean and the Worry Machine*, Julia Cook (5-9 y)
- *Cool Cats, Calm Kids*, Mary Williams (7-12 y)
- *What You Must Think of Me*, Emily Ford (16+ y)