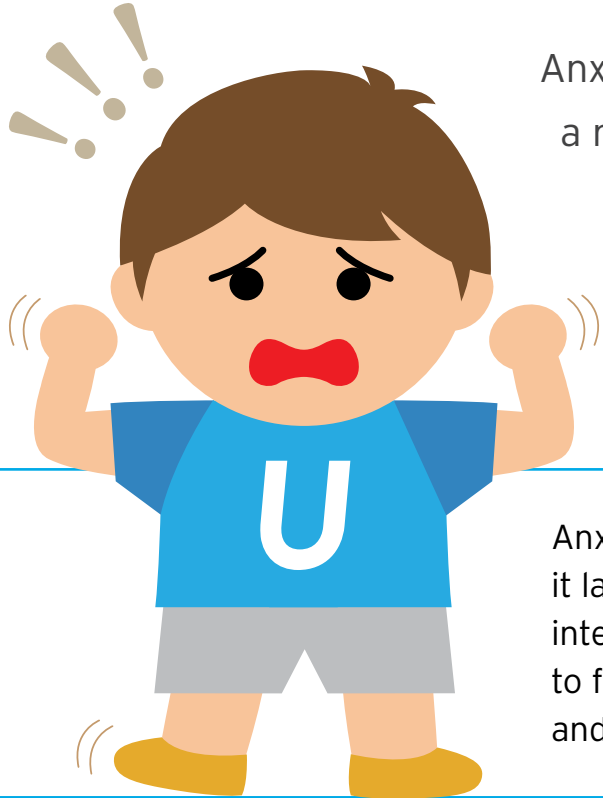




How can I help my child handle anxiety?



Anxiety is a natural human emotion and a normal reaction to life's stresses.

However, when the worry and fear associated with anxiety interfere with a child's usual activities, he or she may have an anxiety disorder.

Anxiety becomes a problem (disorder) when it lasts for a long time each time, and is so intense that it interferes with a child's ability to function socially, academically, physically and emotionally.

Tips to help an anxious child:

- Gently encourage your child to do things he/she is anxious about instead of avoiding it
- Praise and support your child's efforts for attempting to approach a feared situation
- Try to help your child manage anxiety
- Give your child opportunities to observe you handling your own stressful or anxious difficulties in positive and healthy ways
- Teach your child resilience to cope with, adapt to, and overcome challenges

A child with an anxiety disorder will likely show:

Changes in mood

Irritable or unhappy

Cognitive issues

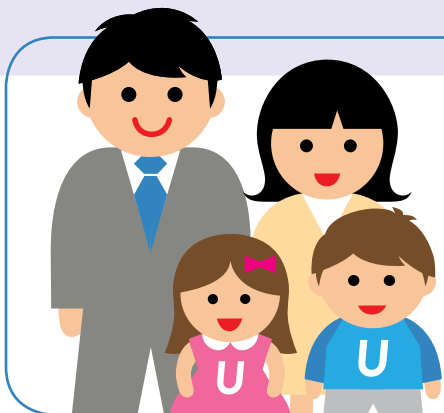
Difficulty concentrating or being easily distracted

Behavioral changes

Avoidance of feared situations, withdrawal or trouble relaxing

Physical changes

Difficulty sleeping, tense muscles, multiple physical complaints, headaches or stomach aches



UCLA CARES Center

It is important for parents to understand when 'normal' types of anxiety may start becoming a challenge for children and to seek the right resources. UCLA's CARES Center offers online resources and programs to help families build resilience and overcome the challenges related to childhood stress and anxiety.

For more health tips, visit uclahealth.org/mattel

it begins with