

Helping Anxious Children Thrive

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The Big Questions:

- What's the Big Deal About Anxiety?
- How Does Anxiety Manifest in Children?
- How Can I Help My Child Cope?
- Moving Beyond Anxiety to Build Resilience



Why Anxiety is a *Big Deal*

- The impact of a pandemic
- The impact of ACES (Adverse Childhood Experiences)
 - Violence in the home/ Abuse/ Neglect
 - Parents with marital discord/ divorce
 - Poverty, racial discrimination, bullying
 - Unsafe living environment
 - Multiple moves (high mobility lifestyle)
 - COVID-19



How Anxiety Manifests

- Separation Anxiety
- Phobias
- Fear of public spaces
- Fear of the future
- Irritability or Anger
- Physical symptoms: (trouble sleeping, stomachache, fatigue)
- Shutting down



Helping Children Cope

- Take care of your own anxiety
- Limit exposure to media and the news
- Answer questions honestly; remind them they are safe
- Parenting is more important than schooling!
- Incorporate calming activities
- Seek outside help if needed



Building Resilience

- “We can do hard things...together.”
- Develop new rituals unique to this time
- PLAY! (*Risky* play!)
- The power of *hope*.



Questions????

