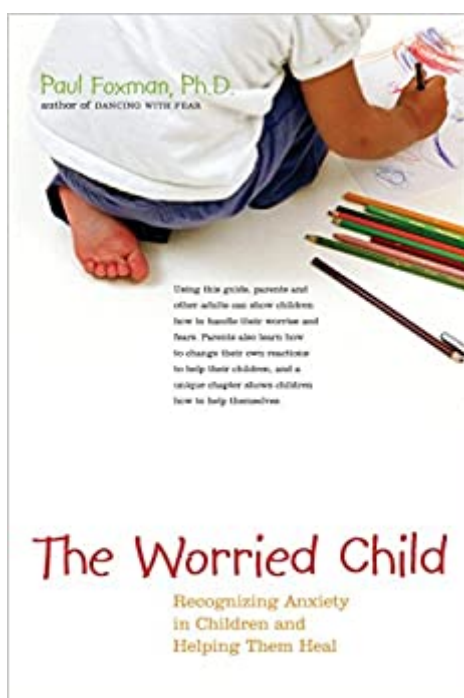


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# The Worried Child: Recognizing Anxiety In Children And Helping Them Heal



## 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

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## Customer Reviews

Psychologist Foxman (*Dancing with Fear*) has penned a caring yet straightforward book about helping kids deal with feelings of angst. Noting that one in five children suffers from a mental health problem, Foxman says some experts call today's children the "shell-shocked" generation. Divorce, crime, violence, failing schools, the threat of terrorism and drug abuse are a few of the contemporary issues often magnified for kids by vivid media coverage, and they've contributed to the rise of stress and anxiety among children, says Foxman. The author, who suffered from anxiety

as a child and as an adult, melds personal and professional experience as he differentiates between normal and abnormal worrying (the latter involves a degree and frequency that interferes with daily routines). According to Foxman, three factors coincide to create an anxious child: biological sensitivity, personality and stress. Children who are perfectionists, who are overly sensitive to criticism and have difficulty with assertiveness, among other traits, are prone to anxiety, though many of the worried child's personality traits, such as intelligence and a strong sense of responsibility, are positive. In addition to global issues such as war, terrorism and violence, Foxman delves into how personal crises (e.g., divorce, sexual abuse and school-related stress) can affect children, and suggests how parents can help and when they should seek therapy for their child. He rounds out this informative guide with a chapter for children that speaks directly to young readers. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

A deeply insightful look into the minds of today's children. -- Jenna Glatzer, author *Conquering Panic & Anxiety Disorders* I recommend this book to everyone who cares about children. It provides powerful, specific suggestions for...reducing stress and anxiety. -- John R. Pullen, Ph.D., National Director, Center for Help for Anxiety and Agoraphobia through New Growth Experiences Practical, reassuring advice to help parents, teachers, and other caring adults address this common, but treatable, childhood condition. -- David Fassler, M.D., Dept. of Psychiatry University of Vermont This book involves one of the most critical issues facing us today, and it fills a great need. -- Joseph Chilton Pearce, author *Magical Child*

I have suffered from anxiety almost all my life. I found out why from reading this book. What was best was the recommendations for avoiding anxiety. I am an adult and this is perfect for me too. Anxiety starts in childhood and even though I am 75 years old, I got a lot out of it. I recommend it to anybody suffering from anxiety at any age.

Helpful and easy to read. Paul Foxman does an excellent job outlining the different types of anxiety a child may have and giving concrete guidelines and interventions for parents to do the best for the child to help ease the suffering of anxiety.

This was a gift but what I read was very good and relevant.

Great book...answers a lot of questions.

I found this book informative & helpful. It was recommended by a friend who is a counselor and licensed social worker. The book helps the reader recognize signs of anxiety in children which can often be different than the signs displayed in adults. It also helps an adult determine the severity of a child's anxiety and includes good ways to teach kids to deal with their anxieties.

I like this book because it doesn't only point out reasons that can be attributed to the Anxiety but tools to use and even a chapter to help a young adult learn to help him or herself.

Excellent for adults with children...it makes the condition of anxiety understandable and manageable. A must read for teachers and educators!

I loved this book from an empathic stand point. The ideas about what might be triggers for children's anxieties was eye opening

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