



**bloom**  
child therapists

# 15 Signs of Childhood Anxiety & How To Help

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# 15 Signs of Childhood Anxiety

When anxious behavior and emotions show up in your child, **it can feel overwhelming** for the child and for the parents.

Learning how to show up for your anxious child, to walk with them in their feelings, and guide them takes practice. The important thing is to work together, helping them with their tough feelings and emotions.

Our team of child therapists at Bloom Child Therapists has helped hundreds of children work through their anxiety. As a result children are less anxious and parents are more confident in helping their child work through their anxiety.

With the absence of a medical cause, any number of common symptoms could be linked to anxiety. To help you begin to discern if your child is anxious, take a pencil and mark off any symptoms your child has been displaying:

- Excessive worry or distress
- Irritability - gets angry quickly
- Restlessness - constant fidgeting
- Intense worry when a parent or guardian goes to work/leaves
- Worries about being lost or abandoned
- Excessive crying
- Trouble getting to sleep or staying asleep (insomnia)
- Refusing to sleep alone
- Avoiding people or social situations (isolation)
- Refusing to go to school
- Fatigue
- Trouble concentrating or short attention span
- Muscle tension or aches
- Frequent headaches
- Complaints about stomach pain

\*\*Disclaimer: This is not a diagnosis - only a health professional can provide that - but it can give you a better sense if your child is displaying symptoms of anxiety.\*\*

# Further Questions To Consider



Anxiety in children can be triggered from significant events and transitions. Write out any of the following that may apply:

- Is there a history of anxiety in your family? (parents, grandparents, aunts & uncles)? If so, write below:

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- Has there been a significant death or loss in your child's life? If so, write a few below:

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- Have there been any major transitions in your child's life? (new school, moving, divorce?)

If so, write a few below:

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- Did your child experience any trauma? (bullying, divorce, car accident, sickness?)

If so, write a few below:

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# How To Help Your Anxious Child



If your child is experiencing anxiety, try these parenting tips to help lower their anxiety. If your child's anxiety increases, please reach out to a child therapist here at Bloom Child Therapists (see next page).

## Tip #1: Track the anxiety with a mood chart

Does anxiety get big at bedtime? Maybe at school drop off, or right before eating a meal. Whenever it shows up, it's helpful to note and see if a pattern emerges.

If there is a pattern of anxiety, try to notice what happens right before the anxiety displays itself and find clues to what is causing the feelings. With a pattern, you can begin to plan for big feelings of anxiety, talk about what you are going to do, and then implement it together.

## Tip #2: Asking What Anxiety Needs

Try to think of anxiety as a need to be met. It's kind of like when your child is cold: you'd meet the cold need by a warm blanket, or a coat, or a long-sleeve shirt.

**Try asking,** "What does your anxiety need right now? Does it need a hug, a deep breath, a snuggle? Does it need something to drink? Does it need

something to eat? Does it need a song or some fresh air?"

In asking what your child may need (and giving them a few options or examples to start), you are giving your child ways to problem-solve for what the feeling needs.

## Tip #3: Implement Anxiety Plans Playfully

Being playful with your child when helping them deal with their anxiety can help them meet the challenging feelings in a new way. If you have tracked your child's anxiety to be a half-hour before bedtime, begin to talk about the feelings that might be coming mid-day together.

### Try This:

Using playful ways to help your child come up with ways to cope with anxiety, like playing modified charades with actions or things your child and you use to combat feelings of anxiety, can be empowering and fun. Try to write down the coping skills and tools you and your child problem-solve together on small pieces of paper, fold them and put them in a hat, then try taking turns having one of you pick a tool/skill and act it out while the other person has to guess.

This will give you a way to plan for the anxiety, problem-solve for anxiety's needs and practice ways to implement your strategies!

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# We're Here to Help

We see you mom & dad! We know how hard it is parenting a young one with anxiety. It won't last forever. With professional help, you speed up the healing processes.



[Schedule An Appointment Today](#)

## Here's how we can help:



### STEP 1

Schedule an Appointment



### STEP 2

We Make a Plan To Relieve Your Child's Anxiety



### STEP 3

Experience Change

# We're Here to Help



*"Bloom has an amazing ability to create a safe and encouraging space where you feel welcomed just as you are."*



**S. L.**

*Past Patient at Bloom Child Therapists*

Many parents, just like you, want their children to do well in school, make good friends, and to confidently live a happy and healthy life.

But parents feel helpless when they see their children struggle with their mental health because they just don't know what to do.

That's why we provide children, teens and parents in the South Denver area a space to discover and treat the root of the issue using strengths-based, research supported, mental health counseling and parent coaching.

