

Parenting Anxious Children®

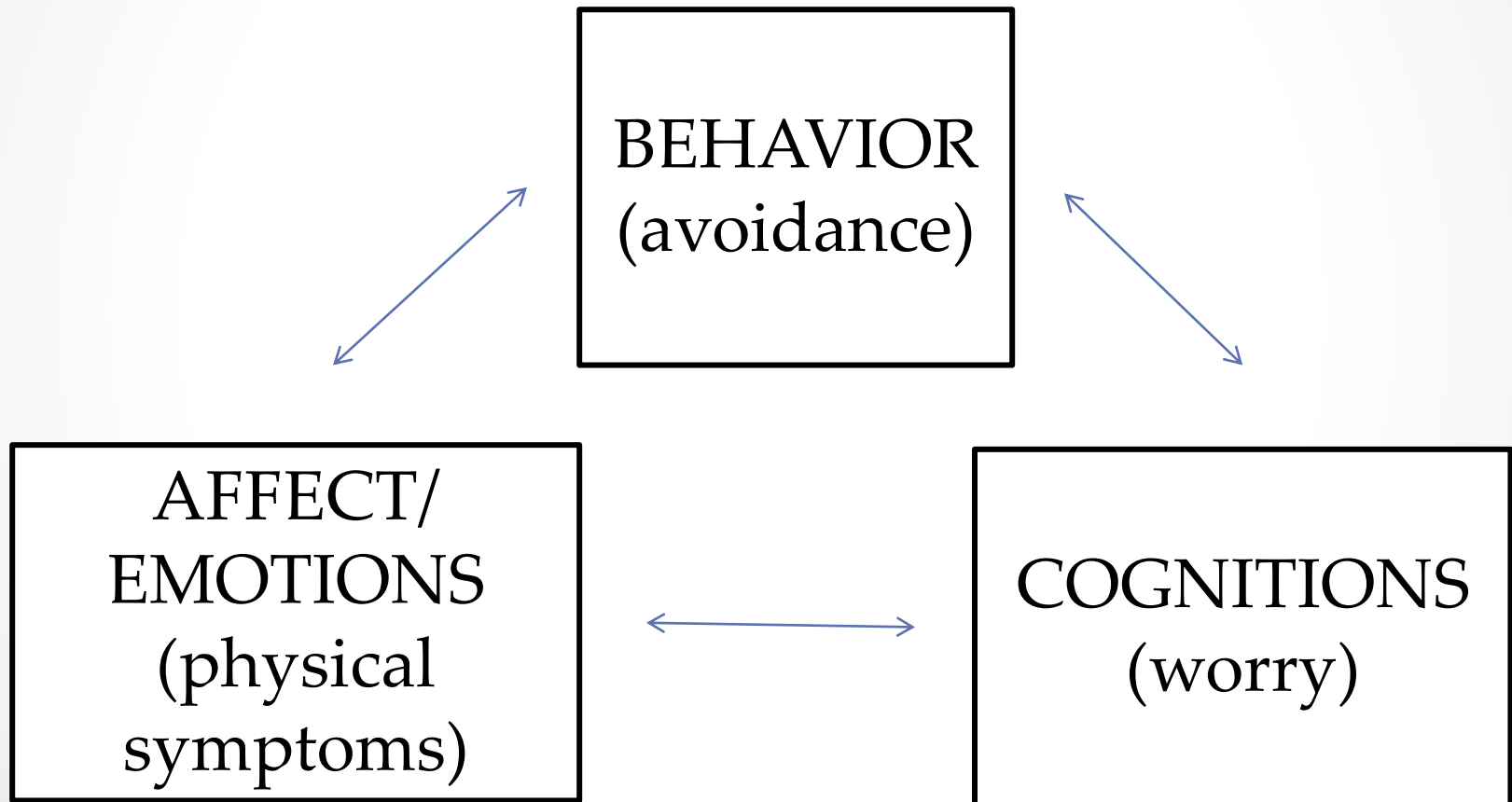
Parent Discussion Group
Connecting for Kids

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What is anxiety

- Prevalence rates
 - Most common mental health issue in America
 - 1 in 10 young people
- Stress vs. anxiety
 - Fight or Flight response
 - When does it become distress?

Cycle of stress



Types of Anxiety Disorders

- Panic Disorder,
- Obsessive-Compulsive Disorder (OCD),
- Post-Traumatic Stress Disorder (PTSD),
- Social Anxiety Disorder
- Specific Phobias
- Generalized Anxiety Disorder (GAD)

Causes

- Genetic
- Learning/Modeling
- Environmental

How to Spot it

- Emotional
 - low self-confidence
 - Hypersensitivity
 - Mood lability
 - Easily distressed or agitated
- Cognitive
 - Need to be perfect
 - Worry
 - Critical self thinking
 - Worrying about what other people think

How to spot it

- Behavioral
 - Difficulty concentrating
 - Comparing self to others
 - Crying
 - Frustration
 - Anger
- Physical
 - Headaches
 - Nausea
 - Excessive sweating
 - Shortness of breath
 - Rapid heartbeat
 - Light-headedness

At School

(From www.worrywisekids.org)

- Common accommodations
 - Classroom environment
 - Seating within the classroom
 - Following directions
 - Class participation
 - Class presentations
 - Answering in front of class
 - Testing conditions
 - Lunchroom/recess/unstructured activities
 - Safe person
 - Large group activities
 - Field trips
 - Change in routine/ fire drills

Treatment

- When to get professional help
- Therapy
- Medication

Parenting

(From ADAA & worrywisekids.org)

- Red light vs. green light thoughts
- Stay calm
- Plan for transitions
- Expectations of your child
- Build on personal strength
- Let child do things on their own
- Help with child's own feelings
- Passing on fear
- Working together
- Consequences



Parenting

From American Psychological Association

- Be available
- Listen Actively
- Respond Thoughtfully
- Consider
- Seek Additional Help

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Coping strategies

- Bubble breaths
- Rainbow breaths
- Take a break
- 5 Finger exercise
- Progressive Muscle Relaxation
- Make a list
- Distract yourself

Resources

- National Alliance on Mental Illness (NAMI)
 - <http://www.nami.org/>
- National Institute of Mental Health (NIMH)
 - www.nimh.nih.gov
- www.worrywisekids.org
- American Psychological Association
 - www.apa.org
- Anxiety and Depression Association of America
 - <http://www.adaa.org/living-with-anxiety/children>

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