



What is Child Anxiety?

Just like [adult anxiety](#), children can also suffer from anxiety. In fact, anxiety in children should be expected at specific times during development and is in those cases regarded as normal (for example, the first day of school). Some children may also suffer from **excessive shyness and may struggle to adjust** to new situations.

They may not yet have the ability to vocalize their feelings, nor the coping skills needed to manage them - making their fears and anxiety even more difficult for them to cope with.

Most children have short-lived fears, and quickly grow out of them as they learn through experience that there is no real danger in the things they fear. For example, a child will learn that there are no monsters under the bed or that when mom leaves for work, she will come back at the end of the day. This is regarded as **a routine part of development**.

Some children are more anxious than others and may need additional reassurance or help from a professional, especially if an Anxiety disorder is suspected. Anxiety becomes a problem if it begins to affect your child's daily routine and functioning or if it is causing your child significant distress.

When is Child Anxiety Normal?

It is normal for all children to experience certain anxieties at specific developmental stages.

Between 7 and 11 months, healthy youngsters will often feel anxious around unfamiliar faces. Between 7 months and the 3 years, most children experience anxiety when separated from their caregivers.

Young children may have short-lived fears, such as fear of the dark, storms, animals, or 'monsters', and they often develop temporary 'phobias' after particular bad experiences. A child may fear dogs after being bitten by a dog.

When they start going to school, they are subject to school concerns such as 'fitting in', academic and social pressures,

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and other anxieties that arise as a result of developing an independent sense of self. Anxieties such as these are normal and should resolve over time and through reassurance.

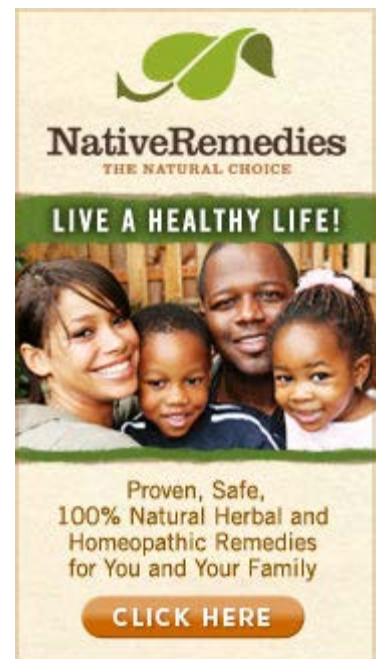
Diagnosing Child Anxiety

Recognizing child anxiety disorders can be tricky since the symptoms of anxiety in children are often different to those we observe in adults. Moreover, **children of different ages and temperaments may display different symptoms.** Here are some tell-tale signs and symptoms of child anxiety:

- Bed wetting
- Nightmares or night terrors
- Avoidance of certain activities (such as school or social events)
- Being overly clingy and crying easily
- Frequent feelings of panic and fear that disrupt activities
- Constant worrying about future events
- Difficulty making friends and being overly shy
- Low self-esteem and lack of confidence
- Fears of embarrassment
- Fears of making mistakes
- Compulsive behaviors (such as checking under the bed or in the closet before bedtime)
- Extreme resistance to any change
- Recurrent physical symptoms, such as stomach ache or headache, without an apparent cause

What Causes Child Anxiety?

- **Separation anxiety** is very normal in young children and usually subsides with age. Faced with separation from familiar people, your child may throw tantrums, refuse to go to school or become insistently clingy, tearful or manipulative. If an older child



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to

or teenager persists with this behavior, they may have separation anxiety disorder and professional help may be required.

get you an answer within 24 hours.

- **Change and fear of the unknown.** Like adults, children often fear the unknown and are cautious in new and unfamiliar situations. The first day of school, meeting new people or moving neighborhoods can be an anxious time for your child.
- **Traumatic events.** Unpleasant or bad experiences can lead a child to believe that certain things are 'dangerous' or threatening. This could include an embarrassing social situation, or one that caused physical harm or fright (such as a dog bite or a near accident). In particularly distressing situations there is the risk of post-traumatic stress disorder (PTSD) and your child may need professional counseling.
- **School related problems.** Your child may be anxious about something going on at school such as bullying, trouble making friends, or a strict teacher. In some cases the anxiety may stem from difficulties coping with school work and a Learning Disorder may be the root cause.
- **Family problems.** A disturbance in the home environment may cause your child to feel anxious. Hearing or seeing parents continually fight can be particularly distressing for your child and make them feel insecure. Other family issues that may lead to an anxious child are separations and divorce, death or illness in the family, and inconsistent or harsh discipline.
- **Learned behavior.** Children can often 'pick up' or adopt anxious behavior from parents. This is especially true for children with over-protective or overly anxious parents (who themselves may suffer from an anxiety disorder).



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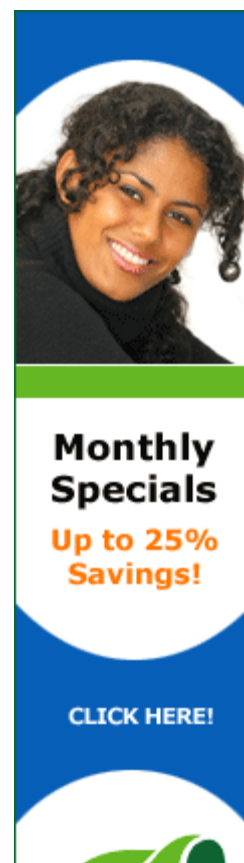
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Help for Child Anxiety

- **Separation anxiety** is very normal in young children and usually subsides with age. Faced with separation from familiar people, your child may throw tantrums, refuse to go to school or become insistently clingy, tearful or manipulative. If an older child or teenager persists with this behavior, they may have separation anxiety disorder and professional help may be required.
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More Information on Child Anxiety

Anxiety as a Symptom

If you do feel that your child's anxiety is not age-appropriate or out of the normal range, seek a professional opinion as one of the following disorders or medical conditions may be the underlying cause:

- Generalized Anxiety Disorder (GAD)
- Post-Traumatic Stress Disorder (PTSD)
- Specific Phobia
- Separation Anxiety Disorder
- Social Anxiety Disorder
- Obsessive Compulsive Disorder (OCD)
- Learning Disorder
- Depression
- Hyperthyroidism or hyperparathyroidism
- Hypoglycemia
- Vestibular or inner-ear disorders

Tips for Parents

- **Encourage your child to discuss his/her fears with you.**

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

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4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

Children who are encouraged to talk about their concerns and feelings, will feel comforted and less alone. By listening to your child, you may also discover what the underlying problem is and therefore find ways to help. Suggest that your child write a story or draw a picture of scary things, and look for clues to help you understand his fears better.

- **Reassure and comfort your child.** Children need lots of hugs and assurance that they are safe and understood. It is important to acknowledge their fears as being real to them and not trivialize their feelings. What children fear may seem silly to you, but that doesn't make the emotion any less real.
- **Watch out for your own anxieties and worries.** In some cases, anxiety is a learnt response and children may be picking up on your tensions. You are your child's best model for behavior!
- **Teach your child relaxation techniques** like deep breathing during anxious moments, counting to 10 or self-soothing statements. These methods can help to empower your child and will provide the inner confidence needed to overcome the fears.
- **Routines and plenty of warning before change** can go a long way to making your child feel more secure and less anxious. Explain new situations in advance in a simple, friendly manner. (Try role playing to prepare for upcoming situations)
- **Remind your child of old fears that they overcame.** This will provide the courage and confidence to face current fears. Always praise children's efforts and successes when they do confront these anxieties.
- **Do not accommodate your child's fears.** If your child fears something, don't purposefully avoid it as this will reinforce the need for escape and confirm the 'reality' of the danger. However, DO reassure your child and try to help him or her through the situation successfully.

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The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure

maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Products:

K-OK Kiddie Calmer: Homeopathic remedy relieves nervousness, worry, shyness and separation anxiety in children

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