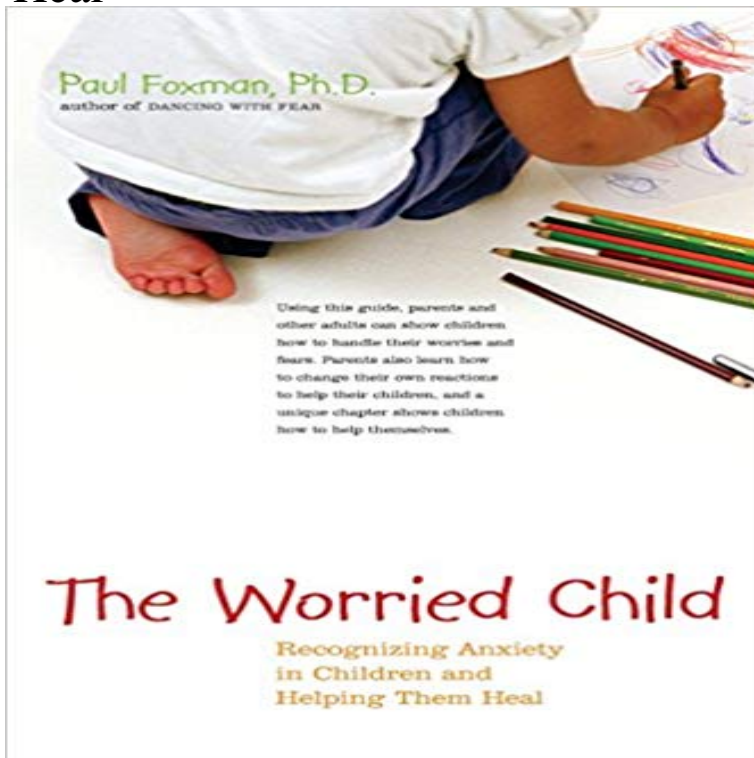


# The Worried Child: Recognizing Anxiety in Children and Helping Them Heal



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 or can at least be minimized 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.

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