What's inside?

Part 1: Understanding anxiety and anxiety disorders

How will I know if my child is anxious? 4
When is anxiety OK and normal? 8
What is an anxiety disorder? 9
What causes anxiety disorders? 10
What are the different types of anxiety disorders? 10
What are the symptoms of anxiety disorders? 11

Part 2: Helping your child

How can I help my child handle their anxiety? 12

Part 3: Getting help for your child

When should I talk to my child's doctor? 20
How will I know if my child has an anxiety disorder? 20
How are anxiety disorders treated? 21
How can I help my child once they are in therapy? 23