

Young Children- What Could They Possibly Worry About?

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What Causes Worry?

- Familial
- Social
- Technological
- Economic
- Natural
- Political

A Day in the Life...

- School?
- Work?
- After-School Activities?
- Home?

How Are Children is Smart?

- Linguistic
Logical-Mathematical
Visual-Spatial
Musical
Bodily-Kinesthetic
Interpersonal
Intrapersonal
-

Multiple Intelligence, Howard Gardner 1983

Different Levels of Thinking and Processing

Child A May Say This

$$8+2=10$$

Some people will die.

Pollution is bad.

My parents are fighting.

I feel scared.

Child B May Say This

$$8+2=5+5$$

I may die soon.

The Earth will be destroyed.

My parents will get divorced.

I will never feel safe again.

Recommended Strategies for Parents to Help Children Who Worry

- Recognize and Note the Intensity and Frequency of the Worry (Remember worry is normal).
- Gauge Your Anxiety Overall and In the Situation
- Do Not "Face-Off" With a Child Who is Explosive
- Do Not Walk on "Eggshells" and Accommodate
- Focus on Changing your Child's Thinking then Behavior

“If it makes you feel uncomfortable, we will break it down into steps because there’s nothing to be afraid of; you can do it, and it’s important that you do it.”

Good Reads!!

