



## Anxiety in Kids



Anxiety is when you don't feel okay; you may feel afraid or worried. It is normal for kids to feel nervous when:

- It is their first day of school
- A test is coming up
- They have to talk to lots of people
- They go to crowded places

Sometimes kids have feelings of worry that are too much for them to handle. You may also feel like you cannot help your child on your own.

If your child:

- Has constant or extreme worry
- Withdraws from activities
- Has difficulty sleeping
- Has physical complaints such as stomach-aches, headaches, and tiredness

These may be signs of a bigger problem. Anxiety can be handled, but if left alone, it can go on into the adult years. If you think your child has a problem coping with anxiety, there is help.

For more information contact Ottawa Public Health at 613-580-6744, [www.ottawa.ca/health](http://www.ottawa.ca/health), or Crossroads Children's Centre at 613-723-1623, [www.crossroadschildren.ca](http://www.crossroadschildren.ca).