



Sponsored by Charles County Public Schools'

Department of Student Services

3/1/22




Presenters and Objectives

- Deidra Sorrell, Ed.D., LCPS, ACS
 - School Psychologist
 - Mattawoman Middle School
- In this course, parents/caregivers will learn about the definition of childhood anxiety and the reasons for childhood anxiety.
- This workshop is designed to help parents/caregivers learn various ways to support children experiencing anxiety.
- Maria “Maggie” O’Connor-Buckingham
 - Spanish Interpreter



ABOUT ME



- **CCPS School Psychologist**
 - **Licensed Professional Counselor (DC, MD)**
 - **Approved Clinical Supervisor**
 - **Charles County Resident**
 - **Charles County Schools Parent**
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MYTH #1

KIDS DON'T GET ANXIETY





THE FACTS


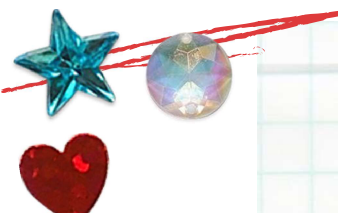
According to the CDC

7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.

Anxiety and depression have increased from 5-8% over time (2003-2012).

Why is this?
What about now?





WHAT IS CHILDHOOD ANXIETY

Apprehensive uneasiness or nervousness usually over an impending or anticipated ill : a state of being significantly anxious, worried or afraid.

- **Separation Anxiety:** Being very afraid when away from parents.
- **Phobias:** Having extreme fear about a specific thing or situation, such as dogs, insects, or going to the doctor.
- **Social Anxiety:** Being very afraid of school and other places where there are people.
- **General Anxiety:** Being very worried about the future and about bad things happening.
- **Panic Disorder:** Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty.
- **Somatization:** Physical symptoms like fatigue, headaches, or stomachaches.

Anxiety may present as fear or worry, but can also make children irritable and angry. Anxiety symptoms can also include trouble sleeping, as well as physical symptoms. Some anxious children keep their worries to themselves and, thus, the symptoms can be missed. (www.cdc.gov)



FACT:
THE #1 CAUSE OF ANXIETY IS STRESS





WHAT IS **STRESSING** OUR KIDS OUT?





MYTH #2

KIDS WITH **ANXIETY** ALWAYS ACT NERVOUS





SYMPTOMS OF CHILDHOOD **ANXIETY**

- Agitation
- Restlessness
- Inattention, poor focus
- Somatic symptoms like headaches or stomachaches
- Avoidance
- Tantrums
- Crying
- Refusing to go to school
- Meltdowns before school about clothing, hair, shoes, socks
- Meltdowns after school about homework
- Difficulties with transitions within school, and between school and an activity/sport
- Difficulty settling down for bed
- Having high expectations for school work, homework and sports performance
- Selective Mutism (www.Anxiety.org)

What other disorder does this sound like?





MYTH #3

ANXIETY WILL JUST GO AWAY





WE CANNOT **IGNORE** THE TRUTH

Untreated Anxiety can Lead to...

- **The anxiety depression connection**
- **Poor school achievement**
- **Poor social interactions**
- **Low self-esteem**
- **Substance abuse**
- **Suicidal thoughts**



Nip anxiety in the Bud!!





MYTH #4

ANXIETY IS THE PARENTS FAULT





A PARENT'S ROLE IN ANXIETY

Out of Your Control

- Your genetic history.
- External factors in our world (i.e. the pandemic, terrorism).
- Certain traumas.

What else?

Within Your Control

- Understanding your genetic history.
- Meeting the child's needs at home.
- Providing loving structure at home.
- Providing a peaceful environment at home.
- Providing positive reinforcement.
- Providing help for anxiety.
- Opening the lines of communication with your child.
- Providing empathy and non-judgmental feedback to your child.
- Providing limits on the news and social media.
- Providing a sense of calm instead of panic.
- Reminding your child that things will be JUST FINE.





MYTH #5

IT'S ALWAYS THE **SCHOOLS** FAULT





THE SCHOOLS ROLE IN ANXIETY

- **Awareness**

Acknowledgement of ACE's Adverse Childhood Experiences and it's role in anxiety. Constant training of all professionals.

- **Structure**

Providing rules/guidelines to keep everyone safe.

- **Safety**

Keeping students safe from physical and mental harm.

- **Improvement of School Climate/Culture**

Taking measures to reduce bullying and other forms of negative behavior in school.

- **Teaching Coping/Problem Solving Skills**

Providing a social skills curriculum to help students cope with distress.

- **Access to School Mental Health** (Hanie & Stanard, 2009)

Providing mental health services or mental health referrals to ALL students who need it. Crisis response services.





WHAT ELSE CAN THE SCHOOLS DO?





WHAT CAN YOU DO?





TRAUMA INFORMED PROBLEM SOLVING SKILLS

Trauma: “Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as **physically or emotionally harmful** or threatening and that has lasting adverse effects on the individual's functioning and physical, social, **emotional**, or spiritual well-being”

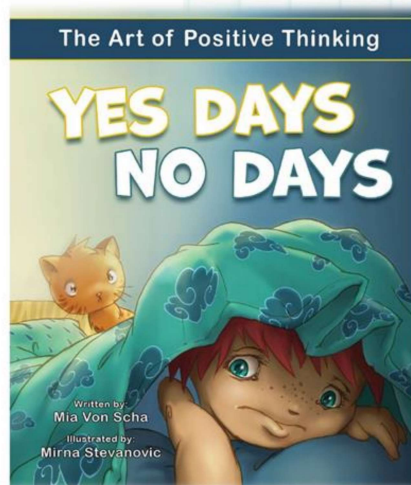
- Identify the stressor
- Is it trauma?
- Trauma can be a Big T or little t
- Identify the feelings associated with the event
- Identify your child's goals
- Discuss different ways to solve the problem.
- Create a plan in line with your child's goals



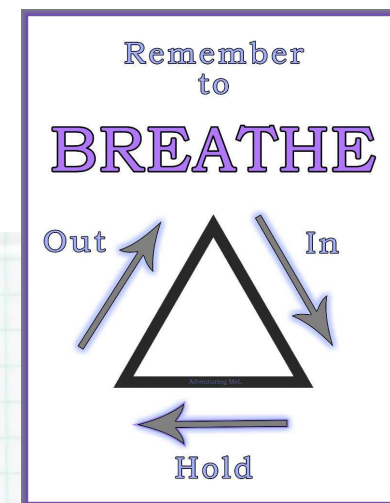


COPING SKILLS

What Zone Are You In?			
Blue	Green	Yellow	Red
Sick	Happy	Frustrated	Mad/Angry
Sad	Calm	Worried	Mean
Tired	Feeling Okay	Silly/Wiggly	Yelling/
Bored	Focused	Excited	Hitting
Moving Slowly	Ready to Learn	Loss of Some Control	Disgusted
			Out of Control



- Deep Breathing
- Positive Thinking
- Stop...Think...Make a Good Choice
- Zones of Regulation
- Biblio-therapy
- Body Scanning
- Stress Ball/Fidget
- Progressive Muscle Relaxation
- Exercise



Progressive Muscle Relaxation

www.adailydoseoffit.com

Relieve stress and relax the body in three simple steps:

- 1) Lie flat on the floor in a quiet spot.
Take three deep breaths.
- 2) Tense up each major muscle group, starting with the feet and moving your way up the body.
- 3) Once finished, scan the body for any remaining tension.





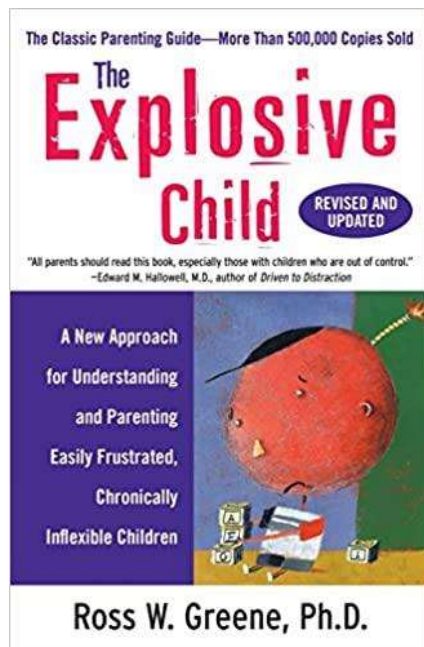
WAYS TO SEEK HELP

Therapy Works!



- www.psychologytoday.com
- www.therapyforblackgirls.com
- www.center-for-children.org/
- www.gcihealth.com/

RESOURCE PAGE



CDC. Childhood Anxiety

Retrieved from <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>

CDC. Positive Parenting Tips

Retrieved from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>

Hanie & Stanard, (2009). Students with Anxiety: The Role of the Professional School Counselor.

Retrieved from <https://files.eric.ed.gov/fulltext/EJ871914.pdf>

Books on Anxiety: [https://shop.puppydogsandicecream.com/pages/](https://shop.puppydogsandicecream.com/pages/top-10-yesno-bogo-2-1-02-25-21?discount=bogo21&https://shop.puppydogsandicecream.com/&msclkid=d4b3bbe5cbd818e468dada7e7d78cdf6&utm_source=bing&utm_medium=cpc&utm_campaign=search%20listicles&utm_term=anxiety%20coping%20skills%20for%20kids&utm_content=top%2010%20psychologist%20recommended%20books)

[top-10-yesno-bogo-2-1-02-25-21?discount=bogo21&https://shop.puppydogsandicecream.com/&msclkid=d4b3bbe5cbd818e468dada7e7d78cdf6&utm_source=bing&utm_medium=cpc&utm_campaign=search%20listicles&utm_term=anxiety%20coping%20skills%20for%20kids&utm_content=top%2010%20psychologist%20recommended%20books](https://shop.puppydogsandicecream.com/pages/top-10-yesno-bogo-2-1-02-25-21?discount=bogo21&https://shop.puppydogsandicecream.com/&msclkid=d4b3bbe5cbd818e468dada7e7d78cdf6&utm_source=bing&utm_medium=cpc&utm_campaign=search%20listicles&utm_term=anxiety%20coping%20skills%20for%20kids&utm_content=top%2010%20psychologist%20recommended%20books)

Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being by A.M. Nezu, C.M. Nezu, and T.J. D'Zurilla. Springer Publishing.



THANK YOU!!!

For Your Attention and Participation!



Contact Information

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Your feedback is important to us. Please use the QR code to complete a survey or go to <https://forms.office.com/r/qhdyFTxra>