

# Natural Help 4...

## Child Anxiety



### What is Child Anxiety?

Just like [adult anxiety](#), children can also suffer from anxiety. In fact, [anxiety in children](#) should be expected at specific times during development, and is in those cases regarded as normal (for example, the first day of school). Some children may also suffer from **excessive shyness and may struggle to adjust** to new situations.

However, children **may not yet have the ability to vocalize their feelings, nor the coping skills needed to manage them** - making their fears and anxiety even more difficult for them to cope with.

Most children have short-lived fears, and quickly grow out of them as they learn through experience that there is no real danger in the things they fear. For example, a child will learn that there are no monsters under the bed or that when mom leaves for work, she will come back at the end of the day. This is regarded as **a routine part of development**.

**Some children are more anxious than others** and may need additional reassurance or help from a professional, especially if an anxiety disorder is suspected. **Anxiety becomes a problem if it begins to affect your child's daily routine and functioning**, or if it is causing your child significant distress.

### When is Child Anxiety Normal?

It is **normal for all children to experience certain anxieties** at specific developmental stages.

Between 7 and 11 months, healthy youngsters will often feel anxious around unfamiliar faces. Between 7 months and the 3 years, most children experience anxiety when separated from their caregivers.

Young children may have short-lived fears, such as fear of the dark, storms, animals, or 'monsters', and they often develop temporary 'phobias' after particular bad experiences. A child may fear dogs after being bitten by a dog.

When they start going to school, they are subject to school concerns such as 'fitting in', academic and social pressures, and other anxieties that arise as a **result of developing an independent sense of self**. Anxieties such as these are normal and should resolve over time and through reassurance.

### Diagnosing Child Anxiety

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**Recognizing child anxiety disorders** can be tricky since the symptoms of anxiety in children are often different to those we observe in adults. Moreover, **children of different ages and temperaments may display different symptoms.**

Here are some tell-tale signs and symptoms of child anxiety:

- Bed wetting
- Nightmares or night terrors
- Avoidance of certain activities (such as school or social events)
- Being overly clingy and crying easily
- Frequent feelings of panic and fear that disrupt activities
- Constant worrying about future events
- Difficulty making friends and being overly shy
- Low self-esteem and lack of confidence
- Fears of embarrassment
- Fears of making mistakes
- Compulsive behaviors (such as checking under the bed or in the closet before bedtime)
- Extreme resistance to any change
- Recurrent physical symptoms, such as stomachache or headache, without an apparent cause


## What Causes Child Anxiety?

- **Separation anxiety** is very normal in young children, and usually subsides with age. Faced with separation from familiar people, your child may throw tantrums, refuse to go to school, or become insistently clingy, tearful or manipulative. If an older child or teenager persists with this behavior, they may have separation anxiety disorder, and professional help may be required.
- **Change and fear of the unknown.** Like adults, children often fear the unknown and are cautious in new and unfamiliar situations. The first day of school, meeting new people, or moving neighborhoods can be an anxious time for your child.
- **Traumatic events.** Unpleasant or bad experiences can lead a child to believe that certain things are 'dangerous' or threatening. This could include an embarrassing social situation, or one that caused physical harm or fright (such as a dog bite or a near- accident). In particularly distressing situations, there is the risk of post-traumatic stress disorder (PTSD) and your child may need professional counseling.
- **School related problems.** Your child may be anxious about something going on at school such as bullying, trouble-making friends, or a strict teacher. In some cases, the anxiety may stem from difficulties coping with school work and a learning disorder may be the root cause.
- **Family problems.** A disturbance in the home environment may cause your child to feel anxious. Hearing or seeing parents continually fighting can be particularly distressing for your child and make them feel insecure. Other family issues that may lead to an anxious child are separations and divorce, death or illness in the family, and inconsistent or harsh discipline.



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### **Michele Carelse, Clinical Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- **Learned behavior.** Children can often ‘pick up’ or adopt anxious behavior from parents. This is especially true for children with over-protective or overly anxious parents (who themselves may suffer from an anxiety disorder).

## Help for Child Anxiety

[Anxiety in children](#) may be managed in a variety of ways. **Recognizing child anxiety disorders** is the first step. Methods used in [treating child anxiety](#) may be conventional (allopathic) or involve a more holistic approach.

### Conventional Medical Treatments for Childhood Anxiety

When [treating child anxiety](#), it is important that your doctor do **a full medical examination in order to exclude physical causes unrelated to anxiety.** This will involve a medical consultation as well as certain tests – for example blood tests.

The conventional or allopathic approach to [treating child anxiety](#) is to treat it with prescription medication to relieve the symptoms of anxiety, as well as tricyclic or SSRI antidepressants to treat the condition from a more long-term point of view.

In severe cases, especially when there are high levels of restlessness, doctors will prescribe medication which has been intended to treat psychosis. A combination of these drugs may also be prescribed. Doctors may also refer your child to a psychologist for assessment and therapy. Be sure to research the options thoroughly before deciding what is best for your child.

Unfortunately, it is not uncommon for doctors to prescribe high schedule psychiatric drugs as a first option after **recognizing child anxiety disorders.** Before agreeing to this course of action, make sure that you **read side effects and the potential risks for addiction** of the drugs your doctor is recommending, and seek a second opinion if you are not happy with the advice you are getting.

Many children end up taking a cocktail of high-schedule drugs in order to deal with the side effects of the medication that was first prescribed. Considering the fact that there are safer and equally viable alternatives, it is not necessary for children to be subjected to this (see below for more information).

### Holistic Approaches

Research has shown that a combination of treatment interventions has the best chance of success in the treatment of anxiety conditions. Here are some more alternatives to investigate:

#### Self-Help Techniques

There are a number of books available for parents with anxious children. These can be especially helpful in teaching parents strategies to assist their anxious child, while **promoting positive parenting techniques** that help build confidence and good self image.

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[The Natural Beat Blog](#)

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## Play Therapy

Play therapy with a qualified psychologist can be very beneficial to a child struggling with anxiety. Through the power of play, children often re-enact their fears and anxieties and are able to come to solutions and happy endings for their own problems. Play therapy is also a useful tool in communicating with young children to determine the root cause of the anxiety as they act out specific themes.

## Natural Herbal and Homeopathic Remedies

There are a number of herbal and homeopathic remedies which may assist your child in the struggle against anxiety. Used alone or in conjunction with therapy, **herbal and homeopathic remedies** can help bring your child peace of mind in a gentle, natural way and **can be just as effective as the allopathic drugs, without the risk of side effects or addiction.** Some commonly recommended remedies include Hypericum perforatum (St. John's Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap), as well as carefully formulated homeopathic remedies. When using herbal remedies in conjunction with prescription allopathic drugs, be sure that you discuss this with your doctor or health care professional. Also, remember that not all natural remedies are suitable for children, and those that are need to be formulated to certain therapeutic standards in order to be effective and safe. **Source your natural remedies from a reputable company** to avoid problems!

## Anxiety as a Symptom

If you do feel that your child's anxiety is not age-appropriate or out of the normal range, seek a professional opinion as one of the following disorders or medical conditions may be the underlying cause:

- Generalized anxiety disorder (GAD)
- Post-traumatic stress disorder (PTSD)
- Specific phobia
- Separation anxiety disorder
- Social anxiety disorder
- Obsessive compulsive disorder (OCD)
- Learning disorder
- Depression
- Hyperthyroidism or hyperparathyroidism
- Hypoglycemia
- Vestibular or inner-ear disorders

## Tips for Parents

- **Encourage your child to discuss his/her fears with you.** Children who are encouraged to talk about their concerns and feelings will feel comforted and less alone. By listening to your child, you may also discover what the underlying problem is and therefore find ways to help. Suggest that your child write a story or draw a picture of scary things, and look for clues to help you understand his or her fears better.
- **Reassure and comfort your child.** Children need lots of hugs and assurance that they are safe and understood. It is important to acknowledge their fears as being real to them and not trivialize their feelings. What



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children fear may seem silly to you, but that doesn't make the emotion any less real.

- **Watch out for your own anxieties and worries.** In some cases, anxiety is a learned response, and children may be picking up on your tensions. You are your child's best model for behavior!
- **Teach your child relaxation techniques** like deep breathing during anxious moments, counting to 10, or self-soothing statements. These methods can help to empower your child and will provide the inner confidence needed to overcome the fears.
- **Routines and plenty of warning before change** can go a long way to making your child feel more secure and less anxious. Explain new situations in advance in a simple, friendly manner. Try role playing to prepare for upcoming situations.
- **Remind your child of old fears that they overcame.** This will provide the courage and confidence to face current fears. Always praise children's efforts and successes when they do confront these anxieties.
- **Do not accommodate your child's fears.** If your child fears something, don't purposefully avoid it, as this will reinforce the need for escape and confirm the 'reality' of the danger. However, DO reassure your child and try to help him or her through the situation successfully.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, **homeopathic, herbal and other natural medicines were commonly available – and freely used** even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned upon by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors, and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the **broad range of treatment options and approaches** that are to be found within the

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practice of natural medicine. Holistic medicine encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.



Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to **support health, relieve symptoms, and prevent future disease**. In fact, even the World Health Organization defines health as being "...more than simply the absence of illness. It is the active state of physical, emotional, mental, and social well-being." This is a wonderfully clear description of holistic or natural medicine, which **strives to support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

[Read more about the Native Remedies Full Spectrum Approach™](#)

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction, and sacrifice to health so commonly associated with pharmaceutical drugs.

Contrary to common perception-- and provided that they are manufactured in the correct way-- **natural medicines can work quickly and safely to promote healing**. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety**. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that like any medicine, **herbal and homeopathic medicines must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer the benefit of easy consistency of dosage (and cheaper production lines), they have grave disadvantages, including an increase in side effects-- as the **medicines produced in this manner lose the natural protective properties** of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the **Full Spectrum Method of extraction**, which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a **more complete treatment** as well as **superior protection against side effects**.

Whatever your choice, always choose wisely. **Research what is best for you.** If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will **support patients who want to take responsibility for their own health.**

## **Related Natural Remedies:**

**K-OK Kiddie Calmer:** Reduce anxiety and shyness and promote a sense of security in younger minds.

K-OK Kiddie Calmer is a safe, **non-addictive**, natural remedy that contains 100% homeopathic ingredients especially selected by our Clinical Psychologist.

This remedy is registered with the FDA according to the requirements governing homeopathic OTC medication. All of the proven ingredients in K-OK Kiddie Calmer are listed with the HPUS (Homeopathic Pharmacopoeia of the United States) and this remedy is manufactured in a registered facility under pharmaceutical conditions.

K-OK Kiddie Calmer **helps support and encourage balanced emotion** and your child's inner ability to *stand firm* when this inner confidence has been clouded. It will also support your child **without the risk of addiction, sedation and other side effects.**

K-OK Kiddie Calmer works by assisting the body in the routine control of behaviors and emotions, thereby helping a child to *lessen the load*. This remedy is particularly **helpful for those naturally sensitive children** who tend to occasionally become clingy or who struggle with new surroundings or experiences.

Presented in child-safe doses, K-OK Kiddie Calmer contains no artificial colors or preservatives. The remedy is presented in small sucking tablet form, making it easily accepted by children – and hassle free for mom and dad!

[Learn more about K-OK Kiddie Calmer](#)

**MindSoothe Jr.:** Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

MindSoothe Jr. supports the brain's **natural ability to regulate emotion and mood** – maintaining production of essential brain hormones and chemicals related to nervous system health and emotional well-being, thereby helping to maintain balanced mood and optimum performance. MindSoothe Jr. can be used to safely promote well being and naturally support health and systemic balance in the brain and nervous system - **without any harmful side effects** or risk of addiction.

Instead of the capsules used in the adult formula, MindSoothe Jr. comes in convenient and easy to administer drop form – making it simple to adjust dosage for different age groups.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about MindSoothe Jr.](#)

**Nerve Tonic:** Promotes nervous system health, maintains balanced mood and worry free mind.

Triple Complex Nerve Tonic is a combination of three, cell-supporting tissue salts, especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain**, spinal cord and the entire nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level in our bodies** and all organic matter on earth (plants, rocks and soil).

There have been **twelve essential tissue salts** identified as important components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet vital role in maintaining cellular health in the organs and **nervous systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It also lessens the chance of a **nervous breakdown**. **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor **treating panic disorder** will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the **nervous system**.

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

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