

Anxiety Checklist for Parents

Go through this checklist step-by-step if you believe your child is suffering with anxiety.

My child:	Often	Sometimes	Never
avoids places where there are lots of people			
misses out on things and refuses to take part			
won't go to certain public places			
gets really upset when asked to do things out of routine			
is a constant worrier			
frequently asks "what if...?" and always imagines the worst			
will become upset or withdrawn if they have a special event			
cries when left alone			
takes up a lot of their teacher's time through 'attention seeking' behaviour			
needs constant reassurance			
exaggerates negative things and is very self-critical			
has phobias or exaggerated fears			
is afraid to make even minor mistakes in things that they do			
frequently has a headache or minor physical illness			
constantly clenches muscles or teeth			
struggles to sleep (either fall asleep or stay asleep)			

If you have mostly ticked the 'often' box, it could be that your child is struggling with anxiety and will need you and their teacher to offer extra support and coping strategies.