What are possible symptoms of anxiety in children?

Advice from The Pandemic Parenting Podcast
“HELPING YOUR ANXIOUS CHILD”
WITH DR. JILL EHRENREICH-MAY & DR. DONNA PINCUS

- Frequent complaints
- Difficulty sleeping
- Headaches
- Tantrums
- Stomach-aches
- Seeking frequent reassurance about worries
- Irritability
- Hopelessness

Learn more at www.pandemic-parent.org/podcast/helping-your-anxious-child