



Anxiety Disorders in Children
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What are anxiety disorders?

What are the types and signs of anxiety disorders?

How common are anxiety disorders?

Who is at risk?

What help is available for young people with anxiety disorders?

What can parents do?

References:

Helping Your Anxious Child: A Step-by-Step Guide for Parents
Sue Spence; Vanessa Cobham; Ronald Rapee

Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias
Tamar Chansky