

CHILDHOOD ANXIETY (*ANSIEDAD EN LA INFANCIA*)

ALMA
Community Care

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OBJECTIVES

1. Anxiety in childhood overview
2. Causes of anxiety
3. Types of anxiety
4. Guidelines for managing anxiety

OBJETIVOS

1. Resumen de la ansiedad en la infancia
2. Causas de ansiedad
3. Tipos de ansiedad
4. Directrices para gestionar la ansiedad

CHILDHOOD ANXIETY OVERVIEW

- ▶ All children experience some fear and anxiety.
- ▶ Anxiety in children is expected and normal at specific times in development.
- ▶ For example, from approximately about age 8 months through the preschool years, healthy youngsters may show intense distress (anxiety) at times of separation from their parents or other people with whom they are close.
- ▶ Young children may have short-lived fears, such as fear of the dark, storms, animals, or a fear of strangers.

RESUMEN DE LA ANSIEDAD EN LA INFANCIA

- ▶ Todos los niños experimentan algo de miedo y ansiedad.
- ▶ La ansiedad en los niños es esperada y normal en momentos específicos del desarrollo.
- ▶ Por ejemplo, aproximadamente desde los 8 meses de edad hasta la edad preescolar, los niños sanos pueden mostrar una angustia intensa (ansiedad) en momentos de separación de sus padres u otras personas cercanas.
- ▶ Los niños pequeños pueden tener miedos de corta duración, como miedo a la oscuridad, a las tormentas, a los animales o al miedo a los extraños.

OVERVIEW CONT....

- ▶ Anxious children are often appear to be tense..
- ▶ Some may want a lot of reassurance, and their worries may interfere with activities.
- ▶ Parents should pay attention to their child's fears.
- ▶ Because anxious children may also be quiet, compliant, and eager to please, their problems with anxiety and fears may be missed.
- ▶ Early identification of anxiety problems in children can help them overcome the problems rather than have worsening problems as they age.

CONT... RESUMEN

- ▶ Los niños ansiosos suelen parecer tensos...
- ▶ Algunos pueden querer mucha tranquilidad, y sus preocupaciones pueden interferir con las actividades.
- ▶ Los padres deben prestar atención a los miedos de sus hijos.
- ▶ Como los niños ansiosos también pueden ser callados, complacientes y deseosos de complacer, sus problemas de ansiedad y miedos pueden pasar desapercibidos.
- ▶ La identificación temprana de los problemas de ansiedad en los niños puede ayudarles a superarlos en lugar de que empeoren con la edad.

EXERCISE/PRACTICE #1

(EJERCICIO/PRACTICA #1)

Screen for Child Anxiety Related Disorders (SCARED) Child Version—Pg. 1 of 2 (To be filled out by the CHILD)

Name: _____

Date: _____

Directions:

Below is a list of sentences that describe how people feel. Read each phrase and decide if it is "Not True or Hardly Ever True" or "Somewhat True or Sometimes True" or "Very True or Often True" for you. Then for each sentence, fill in one circle that corresponds to the response that seems to describe you for the last 3 months.

	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
1. When I feel frightened, it is hard to breathe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I get headaches when I am at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I don't like to be with people I don't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I get scared if I sleep away from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I worry about other people liking me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When I get frightened, I feel like passing out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I am nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I follow my mother or father wherever they go.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. People tell me that I look nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I feel nervous with people I don't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I get stomachaches at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. When I get frightened, I feel like I am going crazy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I worry about sleeping alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I worry about being as good as other kids.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. When I get frightened, I feel like things are not real.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I have nightmares about something bad happening to my parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I worry about going to school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. When I get frightened, my heart beats fast.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I get shaky.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I have nightmares about something bad happening to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Screen for Child Anxiety Related Disorders (SCARED) Child Version—Pg. 2 of 2 (To be filled out by the CHILD)

	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
21. I worry about things working out for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. When I get frightened, I sweat a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I am a worrier.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I get really frightened for no reason at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I am afraid to be alone in the house.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. It is hard for me to talk with people I don't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. When I get frightened, I feel like I am choking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. People tell me that I worry too much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. I don't like to be away from my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. I am afraid of having anxiety (or panic) attacks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I worry that something bad might happen to my parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I feel shy with people I don't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. I worry about what is going to happen in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. When I get frightened, I feel like throwing up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. I worry about how well I do things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. I am scared to go to school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. I worry about things that have already happened.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. When I get frightened, I feel dizzy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. I feel nervous when I am with other children or adults and I have to do something while they watch me (for example: read aloud, speak, play a game, play a sport.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. I feel nervous when I am going to parties, dances, or any place where there will be people that I don't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41. I am shy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TYPES OF ANXIETY

- ▶ Separation Anxiety
- ▶ Phobia
- ▶ Selective Mutism
- ▶ Social Anxiety

- ▶ OTHER
 - ▶ Obsessive-Compulsive Disorder (*OCD*)
 - ▶ Panic Disorder
 - ▶ Hair Pulling (*Trichotillomania*)

TIPOS DE ANSIEDAD

- ▶ Ansiedad por separación
- ▶ Fobia
- ▶ Mutismo selectivo
- ▶ Ansiedad social

- ▶ OTROS
 - ▶ Trastorno Obsesivo-Compulsivo (*TOC*)
 - ▶ Trastorno de pánico
 - ▶ Tirones de cabello (*Tricotilomanía*)

KEY CHARACTERISTICS OF ANXIETY DISORDERS (CARACTERÍSTICAS CLAVE DE LOS TRASTORNOS DE ANSIEDAD)

**Fear
(MIEDO)**

Emotional
response to to a
(real or perceived)
imminent threat

(RESPUESTA EMOTIONAL ANTE UNA AMENAZA REAL O
PREVISIBLE E INMINENTE)

Autonomic responses
Fight or flight

(RESPUESTAS AUTONOMICAS/LUCHA O
HUIDA)

**Anxiety
(ANSIEDAD)**

Anticipation of
future threats

(ANTICIPACION DE FUTURAS
AMENAZAS)

Muscle tension
Vigilance

(TENSION MUSCULAR/VIGILANCIA)

**Avoidant
Behaviors
(EVITANDO COMPAORTAMIENTOS)**

Pervasive in
nature

(OMNIPRESENTE POR NATURALEZA)

Fight or flight –
escape behavior

(COMPORTAMIENTO DE LUCHA O
HUIDA)

Overlap but distinct differences – time and response
(SOLAPAMIENTO PERO DIFERENCIAS DISTINTAS—TIEMPO Y RESPUESTAS)

SEPARATION ANXIETY

▶ *Symptoms*

- ▶ Constant thoughts and intense fears about the safety of parents and caretakers
- ▶ Refusing to go to school or separate from their parents/caregivers
- ▶ Frequent stomachaches and other physical complaints especially on Sunday nights and Monday mornings
- ▶ Extreme worries about sleeping away from home
- ▶ Being overly clingy
- ▶ Panic or tantrums at times of separation from parents
- ▶ Trouble sleeping or nightmares

ANSIEDAD POR SEPARACION

▶ *Síntomas*

- ▶ Pensamientos constantes y miedos intensos sobre la seguridad de padres y cuidadores
- ▶ Negarse a ir al colegio o separarse de sus padres o cuidadores
- ▶ Dolores de estómago frecuentes y otras molestias físicas, especialmente los domingos por la noche y los lunes por la mañana
- ▶ Preocupaciones extremas por dormir fuera de casa
- ▶ Ser demasiado pegajoso
- ▶ Pánico o rabietas en momentos de separación de los padres
- ▶ Problemas para dormir o pesadillas

PHOBIA

▶ *Symptoms*

- ▶ Extreme fear about a specific thing or situation (ex. dogs, insects, or needles)
- ▶ Fears causing significant distress and interfering with usual activities

SELECTIVE MUTISM

▶ *Symptoms*

- ▶ Able to speak at home, but won't speak at school or with friends
- ▶ Seems excessively shy

FOBIA

▶ *Síntomas*

- ▶ Miedo extremo a una cosa o situación concreta (por ejemplo, perros, insectos o agujas)
- ▶ Miedos que causan un malestar significativo e interfieren en las actividades habituales

MUTISMO SELECTIVO

▶ *Síntomas*

- ▶ Puedo hablar en casa, pero no quiere hablar en el colegio ni con amigos
- ▶ Parece excesivamente tímido

SOCIAL ANXIETY

▶ *Symptoms*

- ▶ Fears of meeting or talking to people
- ▶ Avoidance of social situations
- ▶ Few friends outside the family

ANSIEDAD SOCIAL

▶ *Síntomas*

- ▶ Miedos a conocer o hablar con gente
- ▶ Evitar situaciones sociales
- ▶ Pocos amigos fuera de la familia

OTHER TYPES....

- ▶ **Obsessive-Compulsive Disorder (OCD)**
 - ▶ **Symptoms:** Children with OCD have recurrent intense
 - ▶ **Obsessions:** are recurrent and persistent thoughts, impulses, or images that appear without warning, are unwanted, and cause extreme anxiety or distress
 - ▶ **Compulsions:** are repetitive behaviors or rituals (like hand washing, keeping things in order, checking something over and over) or mental acts (like counting, repeating words silently, avoiding).
- ▶ **Panic Disorder**
 - ▶ **Symptoms**
 - ▶ Intense fearfulness (a sense that something terrible is happening)
 - ▶ Racing or pounding heartbeat
 - ▶ Dizziness or lightheadedness
 - ▶ Shortness of breath or a feeling of being smothered
 - ▶ Trembling or shaking
 - ▶ Sense of unreality
 - ▶ Fear of dying, losing control, or losing your mind
- ▶ **Hair Pulling (*Trichotillomania*)**
 - ▶ **Symptoms**
 - ▶ Hair pulling resulting in notable hair loss, unrelated to common baldness or forms of alopecia
 - ▶ Pleasure, excitement, or relief when pulling out hair
 - ▶ Embarrassment or shame resulting from hair loss
 - ▶ Problems at home, school or work

OTROS TIPOS.....

- ▶ **Trastorno Obsesivo-Compulsivo (TOC)**
 - ▶ **Síntomas:** Los niños con TOC presentan intensidad recurrente
 - ▶ **Obsesiones:** son pensamientos, impulsos o imágenes recurrentes y persistentes que aparecen sin previo aviso, son no deseados y causan una ansiedad o angustia extrema
 - ▶ **Compulsiones:** son comportamientos o rituales repetitivos (como lavarse las manos, mantener el orden de las cosas, revisar algo una y otra vez) o actos mentales (como contar, repetir palabras en silencio, evitar).
- ▶ **Trastorno de pánico**
 - ▶ **Síntomas**
 - ▶ Miedo intenso (una sensación de que está ocurriendo algo terrible)
 - ▶ Latidos acelerados o acelerados
 - ▶ Mareos o mareos
 - ▶ Falta de aire o sensación de estar asfixiado
 - ▶ Temblor o sacudón Sensación de irrealidad Miedo a morir, perder el control o perder la razón
- ▶ **Tirones de cabello (Tricotilomanía)**
 - ▶ **Síntomas**
 - ▶ El tirón del cabello provoca una caída notable, sin relación con la calvicie común ni con formas de alopecia
 - ▶ Placer, emoción o alivio al arrancar el pelo
 - ▶ Vergüenza o desaprobación derivada de la caída del cabello Problemas en casa, en la escuela o en el trabajo

CAUSES

- ▶ **Chemical Imbalance**
- ▶ **Genetic Factors**
- ▶ **Environmental Factors**

CAUSAS

- ▶ **Desequilibrio químico**
- ▶ **Factores genéticos**
- ▶ **Factores ambientales**

TREATMENT

- ▶ **MEDICATIONS:** mainly help with balancing the brain chemistry which can improve mood. Medicines can help calm the mind, physical symptoms such as a high heart rate. Usually, medications are taken for **2 to 6 weeks** but it may vary
- ▶ **CBT (Cognitive Behavioral Therapy):** A short and structured form of psychotherapy that helps manage anxiety and negative thought patterns and behavior. Helps learn self-help and cope with the symptoms of anxiety. It requires **12 to 20 weeks** of CBT to achieve desired results.
- ▶ **DBT(Dialectical Behavioral Therapy):** focuses more on the physiological aspect of the treatment. It requires time, commitment, and a highly skilled therapist to work effectively. DBT roughly takes **6 months to a year** to work.
- ▶ **Counseling:** helps identify the root cause of anxiety and identify emotional and psychological challenges. Some find it hard to talk about their feelings initially. It requires **30 to 60 minutes of sessions weekly around 8 to 12 times** to finally see some positive results.
- ▶ **Mindfulness Techniques:** focus more on deep breathing exercises, promote mindfulness, self-awareness, and regulation of emotions. Mindfulness techniques have no side effects. Mindfulness can not be the only cure for anxiety. Usually, mindfulness techniques are used in combination with other treatments like psychotherapies and medications. One should practice mindfulness techniques **10 to 20 minutes a day or whenever required** to manage anxiety symptoms.

TRATAMIENTO

- ▶ **MEDICAMENTOS:** principalmente ayudan a equilibrar la química cerebral, lo que puede mejorar el estado de ánimo. Los medicamentos pueden ayudar a calmar la mente, síntomas físicos como una frecuencia cardíaca alta. Normalmente, los medicamentos se toman entre 2 y 6 semanas, aunque puede variar
- ▶ **TCC (Terapia Cognitivo-Conductual):** Una forma corta y estructurada de psicoterapia que ayuda a gestionar la ansiedad y los patrones de pensamiento y comportamientos negativos. Ayuda a aprender autoayuda y a sobrellevar los síntomas de la ansiedad. Se requieren entre 12 y 20 semanas de TCC para lograr los resultados deseados.
- ▶ **DBT (Terapia Dialéctico-Conductual):** se centra más en el aspecto fisiológico del tratamiento. Se requiere tiempo, compromiso y un terapeuta altamente cualificado para trabajar eficazmente. La DBT tarda aproximadamente entre 6 meses y un año en hacer efecto.
- ▶ **Asesoramiento:** ayuda a identificar la causa raíz de la ansiedad y a identificar desafíos emocionales y psicológicos. A algunos les cuesta hablar de sus sentimientos al principio. Se necesitan entre 30 y 60 minutos de sesiones semanales, entre 8 y 12 veces, para finalmente ver algunos resultados positivos.
- ▶ **Técnicas de atención plena:** céntrate más en ejercicios de respiración profunda, promueve la atención plena, la autoconciencia y la regulación de las emociones. Las técnicas de mindfulness no tienen efectos secundarios. La atención plena no puede ser la única cura para la ansiedad. Normalmente, se utilizan técnicas de mindfulness en combinación con otros tratamientos

Helping a child navigate anxiety involves a delicate balance of validation and gentle encouragement. The goal is not to eliminate all stress, but to teach them they are capable of managing it.

(Ayudar a un niño a navegar por la ansiedad implica un delicado equilibrio entre validación y ánimo amable. El objetivo no es eliminar todo el estrés, sino enseñarles que son capaces de gestionarlo)

▶ **Immediate Strategies (In the Moment):**
When your child is acutely anxious, focus on calming their nervous system:

- ▶ **Validate first:** Acknowledge their feeling without necessarily agreeing with the fear. Try: "I see you're feeling scared, and I'm here with you".
- ▶ **Use grounding techniques:** Try the 3-3-3 Rule—ask them to name 3 things they see, 3 sounds they hear, and move 3 parts of their body.
- ▶ **Controlled breathing:** Use visuals like "Hot Cocoa Breathing" (inhale the smell, exhale slowly to not blow off the imaginary marshmallows).
- ▶ **Keep it brief:** Shorten the "anticipatory period" before a stressful event like a doctor's visit to prevent excessive rumination

▶ **Estrategias inmediatas (en el momento):**
Cuando tu hijo esté muy ansioso, céntrate en calmar su sistema nervioso:

- ▶ **Valida primero:** Reconoce sus sentimientos sin necesariamente estar de acuerdo con el miedo. Intenta: "Veo que tienes miedo, y estoy aquí contigo".
- ▶ **Usa técnicas de arraigo:** Prueba la regla 3-3-3: pídeles que nombren 3 cosas que vean, 3 sonidos que escuchen y muevan 3 partes de su cuerpo.
- ▶ **Respiración controlada:** Usa imágenes como "Respiración de chocolate caliente" (inhala el olor, exhala despacio para no volar los malvaviscos imaginarios).
- ▶ **Sé breve:** Reduce el "periodo anticipado" antes de un evento estresante como una visita al médico para evitar rumiaciones excesivas

EXCERCISES/PRACTICE #2

- ▶ BELLY BREATHING
- ▶ BUBBLE BREATHING
- ▶ SQUEEZES
- ▶ ROBOTS, JELLYFISH AND TOWERS
- ▶ TAPPING (Calm Space)
- ▶ MUSCLE RELAXATION

EJERCICIOS/PRACTICE #2

- ▶ RESPIRACIÓN ABDOMINAL
- ▶ RESPIRACIÓN DE BURBUJAS
- ▶ PRESIONAR
- ▶ ROBOTS, MEDUSAS Y TORRES
- ▶ PALMADITAS (Calm Space)
- ▶ RELAJACIÓN MUSCULAR

QUESTIONS *(Preguntas)*

