

1. Record Nr.	UNINA9910781817503321
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Titolo	Help for Worried Kids [[electronic resource]] : How Your Child Can Conquer Anxiety and Fear
Pubbl/distr/stampa	New York, : Guilford Press, 2005
ISBN	1-281-22838-9 9786611228385 1-59385-955-4
Descrizione fisica	1 online resource (288 p.)
Disciplina	618.928522
Soggetti	Anxiety in children Anxiety in children - Treatment Pediatrics Medicine Health & Biological Sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Preliminaries; Contents; Preface; 1 Do You Have an Anxious Child?; 2 The Many Faces of Childhood Anxiety; 3 Nature or Nurture?; 4 "Will You Still Be There Tomorrow?"; 5 "But Mom, What If . . . ?!"; 6 Over and Over Again Obsessive Compulsive Disorder; 7 Self-Conscious to a Fault; 8 Mommy Daddy I'm Afraid Specific Phobias; Resources; Checklists and Worksheets; Selected Scientific Articles by the Author; Index; About the Author
Sommario/riassunto	Most childhood fears are nothing to worry about. But panic attacks, phobias, and persistent anxiety can darken a child's horizons and lead to disrupted sleep, lower grades, and missed opportunities to make friends and explore the world. Dr. Cynthia G. Last helps parents determine when a child's apprehension is cause for concern. Drawing on 25 years of clinical practice and research, she vividly illustrates the different forms that childhood anxiety can take and offers practical solutions specific to each. For example, Dr. Last shows how to schedule 'worry time' to ease generalized anxiety, and

