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How To Help Your Child With First Day Anxiety

By Frank W. Thatcher Jr.

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Summer vacation is coming to a close. All the trips, fun activities, and camps are soon to be wonderful memories. Hopefully, your child or children had a great period of down time and are refreshed and ready for a new and eventful school year.

I know many parents are quite ready for the new and eventful school year. As much as we love our children, they can be exhausting for some parents. Sometimes the down time the summer vacation offers breeds some unexpected and even undesirable behaviors. Whatever the case, school starting brings a pleasant reprieve for many parents.

Happy Day, The first day of school is just around the corner. What do we do next as responsible parents? Run to the store to buy all the necessities to have a successful student. The clothes, tools of the trade, everything that could possible be necessary. We help them pack that bag and send them on their way.

One major thing many parents tend to forget for whatever reason.

You may have prepared your little one with all the material items he or she may need, but how about the head? Yes, the head and I don't mean what's on top. I mean the inside. Their beautiful head may very well be filled with a load of anxiety.

How To Help Your Child With First Day Anxiety

For some children this anxiety can be very real and overwhelming. For some, it's healthy.

For some children however, the anxiety of the beginning of school can be terrifying. Many different situations that may seem small to adults can be extremely difficult for some children.

For the sake of empathy, I'll give two examples.

First, the simple act of getting on a school bus and finding a place to sit can be terrifying. If your child is not the most popular or even close, he or she may not know many

of the other students on that bus.

The act of having to walk down that aisle on the bus while everyone watches and then try to find a seat to share can be sickening for some children. Of course, this happens first thing in your child's day so this could have an impact on the rest of the day.

OK, maybe not the rest of the day. Maybe just until lunch time. This is the second example I promised you.

For some children, the act of trying to get place to sit while eating lunch can be very difficult as well.

Try to imagine having to walk into a room and find a place to sit when you are not a confident child.

It's easy if when you walk into the room and the others start yelling your name but that doesn't happen very often for the average child, let alone the quiet child that may not have many friends.

Based on my own experience, these are very real, uncomfortable situations for some children that should not be minimized.

What can you do for your child? How to help your child with that first day anxiety?

I'll tell you. Here are some proven ideas.

Talk to your child about these scenarios. Make sure your child knows he or she is not alone when it comes to understanding how difficult these situations are.

Try to instill a sense of control which will ease the sense of anxiety. It won't get rid of the problem, but a sense of control empowers people including children.

How To Help Your Child With First Day Anxiety

Give your child real control over the situation by sharing a few concrete suggestions to use that he/she is comfortable with. Suggestions that your child feels they contributed. Make sure your child has much of the say and is comfortable with the solutions that will be used.

The first day may be exciting for some. Remember, it may not be so exciting for others. Instead it can be a head filled with anxiety based on lack of control.

Lets wish for the best for all our children.

Frank W. Thatcher Jr., an experienced educator specializing in many areas such as behavior modifications, emotional challenges, and parenting issues. He has assisted many in setting goals and experiencing success for themselves and their children. His website providing proven materials which

promote success...<http://www.onlineshoppersmarket.com/parenting1.html>

Is It Stress Or An Anxiety Attack?

By John H. Rogers

Stress can lead to a host of problems and manifest itself in many ways. One of the more predominant results of stress is an anxiety attack. An anxiety attack can happen at any time to those who suffer from this disorder. Some studies have pointed to a steady increase of people who suffer from anxiety attacks and other stress related disorders.

Time Magazine printed an article that referred to the cause of anxiety attacks, which is stress, as an epidemic in 1983. No one would argue against the fact that the world around us has gotten to be a more stressful place, and that can only mean that the number of anxiety attacks will continue to increase.

In today's world, no one is immune from the ill effects of stress, whether it is in the form of depression, agoraphobia or anxiety attacks. Many of us have experience an anxiety attack and never knew it for what it actually was. That's because few people know the symptoms of an anxiety attack. Those who suffer from repeated anxiety attacks learn to know the symptoms, and when the onset of an attack is on its way.

A true anxiety attack is much more intense than just feeling stressed out at the end of the day. An anxiety attack can come on suddenly at any time, not just after a single stressful event. Often, the attack overwhelms the individual in one instant, and for no apparent cause. It is estimated that one out of three Americans will experience an anxiety attack, and one out of every seventy five people worldwide will experience an anxiety attack at least once within their lifetime.

How To Help Your Child With First Day Anxiety

How do you know if you're suffering from an anxiety attack? Well, the symptoms are varied, but they can be very intense, so it is easily distinguished from the regular stressed out feeling we have at the end of the day. If you are experiencing any of the following symptoms, you could be having an anxiety attack, and should see a doctor right away.

Extreme nervousness with shaking.

Difficulty breathing, feeling as though you cannot get enough air.

Runaway heartbeat.

For more information about anxiety attack, click the link to visit our website at

. We have some great free articles and resources about

anxiety attack.



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