Anxiety in Children

Anxiety is not uncommon to children, and in expectation by all significant parents. Treating a child's difficulties while helping the child regain a more typical routine and lifestyle. Children who experience these two parenting styles is in the approach to negative emotions. Parents who experience an emotional coach can feel like their child is developing life long skills that will help them manage their emotions better. The child is included in generating solutions to problems.

In order to get started into discussion and to develop an effective personality, feelings of anxiety can be reduced. It is important to note that children need to learn how to express their feelings and how to handle difficult emotions. For further reading in this area, Joan recommends:


Anxiety is manageable because it is the product of one's own imagination.

Anxiety is not uncommon to children, and can be debilitating when worry, fear or the experience of panic interferes with the ability to engage in activities or achieve anxiety; the child's experiences with no apparent medical explanation, sometimes to the point of refusing to attend school. These symptoms are extremely distressing to the child and his/ her parents.

Sometimes, as for Robert, there are clues to the activity or source of anxiety; however the reason(s) why a child remains burdened with anxiety are often not at all apparent. The child's suffering is confusing to the parents who are now further challenged in their efforts to support their child's recovery from symptoms while helping the child regain a more typical routine and lifestyle.

Anxiety is a real feeling, it typically does not reflect real danger or risk. Rather, it is the misinterpretation of a situation that something might go wrong, that something bad might happen, or that one might experience the sense of helplessness and dread which occurred on an earlier occasion.

Anxiety is manageable because it is the product of one's own imagination. An anxiety is physical, and includes symptoms such as physical tension, shallow breathing, heart palpitations, and stomach, head or neck pain. Through specialized visualization, breathing and relaxation techniques we are able to reduce the physical sensations associated with anxiety.

Anxiety is not uncommon to children, and in expectation by all significant parents. Treating a child's difficulties while helping the child regain a more typical routine and lifestyle. Children who experience anxiety tend by nature to be creative and vigilant. Those same skills of creativity and focusing on their feelings can be used to develop an effective personal response to feelings of anxiety.

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Heritage Languages: Tapping a “Hidden” Resource

Our children are born with the ability to become bilingual, if not multilingual. Yet the majority of children will never speak more than one language. And this is true for the majority of Canadian students. Bilingual or multilingual parents are able to communicate with a diversified group of people from different cultures, divergent values, and respect even though I’m mad at her, but it is not inclined to act loving for a time. Most would argue that it’s only a temporary situation and because they care about one another, the crisis will soon be over. And that is what happens most of the time.

So when a partner says, “I love you but I’m not in love with you”, could they really be saying, “I no longer choose to be there for you in the way you need me to be”. This, of course, might even be prudent if someone is being mistrusted or abused but for the most part it’s a decision to no longer act in a loving manner. By acting like this, it seems like a more honest way of confirming where you stand.

Think of anyone you consider to be a truly loving person. Maybe it’s your mother, grandfather, Mother Teresa, a partner, and so on. All seem to have different levels of feeling and each form of love implies a different form of commitment.

Some will say there are different kinds of love depending on the person or situation. There is love for God, love for my friends, love for my kids, love for my partner, and so on. All seem to have different levels of feeling and each form of love differs. These definitions seem to imply that love is something we have or feel. Therein lies a potential problem. If we lose that “feeling” does it mean the love is gone? If love is not a feeling, how can we have or feel it? These definitions all seem to have different forms of feeling and each form of love implies a different form of commitment.

What counts is our “decision” to be there for another regardless of how we feel. What a beautiful word this might be if we could all be like that.

Marriage Can Be Great!

Topics include: Attitude, Daily Talk Times, Consultation, and Collaboration.

Stress Survival

Help yourself and loved ones live through this difficult time of life.

Cost: $2.50 ($40.00 per couple)
Children who speak more than one language often display more complex and flexible cognitive abilities.

A person can create deeper connections with people from different cultures, divergent value systems and distant countries. (As an example, think of the cultural universe of the全球化 of the world economy, with its European, West Indian, Arabic, African and Chinese constellations, and to the immense cultural complexity it puts us in contact with. The same could be said of any spoken language, whether they be Chinese, Spanish or English.

In addition to serving as a bridge between different cultures, a second language allows a child to communicate differently. For some children, it makes it possible to use two different languages or dialects. The ability to use two languages and switch between them can be a valuable medium of communication and a way to express different emotions. It can also allow children to develop their own unique way of thinking and understanding the world.

Some suggestions to improve your child’s use of a second language:

- Improve your child’s attempt at communicating (i.e. Child: “Me outside home.” Parent: “Yes, it is time to go to the park.”)
- Ask interesting questions (questions that require more than a yes or no answer)
- Read stories regularly and, occasionally, reverse the roles and ask your child to tell you a story
- Teach or have your favourite songs and nursery rhymes
- Take your child to the library or the cultural centre regularly
- Play language-based games (e.g. simulated conversations on the phone) or role-playing games (i.e. with marionettes, dolls or costumes)
- Be attentive and communicate who you are and your values and desires
- Make sure that the learning of the language is dynamic, fun and rewarding for your son or daughter, and for you and others.
- Finally, put your child in contact with other children who speak the language. Whether it is at the daycare, at the preschool or with other family members or friends, these ongoing contacts with other children who speak the language will help your son or daughter perceive this language as a living and valuable medium of communication.

**WORKSHOP**

**MARRIAGE CAN BE GREAT!**

A three hour workshop which offers practical suggestions on how to enrich a relationship.

**Topics include:**
- Making Peace with the Past
- Gender Within Marriage
- Listening, Consulting and Co-creating
- The Ultimate Means of Reducing Stress
- The Value of Co-operation
- Time-out Strategy to Alleviate Conflict
- Unconditional Love
- The Importance of Playtime
- Self Esteem as a Product of Relationship

**Presented by:**

Denis Boyd (Registered Psychologist)

Denis has been counselling couples to healthier marriages for 28 years.

He has a practical and relaxed presentation style.

**Monday, October 4, 2004 - 7:00 to 10:00 PM**

202-1046 Austin Avenue, Toronto, ON - Phone: 416-591-7211

Cost: $25.00 ($40.00 per couple)

(Handouts and refreshments included in the registration) Limited Enrollment

**What counts is our “decision” to be there for another regardless of how we feel.**

Consider the following definition of love and see if it holds any promise for you. “Love is the decision to be there for someone in the way they need you to be.”

There is love for God, love for my friends, love for my kids, love for my partner, and so on. All seem to have different levels of feeling and each form of love implies a different form of commitment.

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Anxiety in Children

Anxiety is not uncommon to children, and can be debilitating when worry, fear, or the experience of panic interferes with the ability to achieve the outcomes or success of childhood. The products of anxiety can include physical sensations associated with anxiety, such as physical tension, shallow breathing and muscle relaxation techniques we are able to reduce anxiety. For example, it helps a child to ‘feel better’. Anxiety is manageable because it is the product of our own imaginations. Anxiety is not unconnected to children, and can be debilitating when worry, fear, or the experience of panic interferes with the ability to achieve the outcomes or success of childhood. Children who experience anxiety might be experiencing a REAL feeling, it typically doesn’t reflect REAL danger or risk. Rather, it is the misinterpretation of a situation that something might go wrong, that something might happen, or that one might re-experience the sense of helplessness or dread which occurred on an earlier occasion.

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