

TALKING TO YOUR CHILD ABOUT FEARS

FEARS ARE ONLY ABNORMAL IF THEY PERSIST OR INTERFERE WITH YOUR CHILD'S LIFE

TYPICAL FEARS

Toddlers : separation, noises, falling, animals and insects, using the potty, bathing and bedtime.

Preschool age children: fears of animals and insects, monsters and ghosts, getting lost, divorce, loss of a parent and bedtime.

School age children : separation, noises, falling, new situations (especially starting school) and bedtime in younger children, and social rejection, war, new situations, and burglars in older children.

Adolescents: burglars, new situations (going to college, etc), war, divorce, and sexual relations.

Respect your child's feelings and fears.

Ask him why he is afraid and then talk about it.

Don't be overprotective and let him avoid all of the things that he is afraid of,

Don't overreact, so that your extra attention reinforces your child's fear.

