

When young children feel anxious, they cannot always understand or express what they are feeling. You may notice that they:

- become irritable, tearful or clingy
- have difficulty sleeping
- wake in the night
- start wetting the bed
- have bad dreams

In older children you may notice that they:

- lack confidence to try new things or seem unable to face simple, everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts
- have a lot of negative thoughts, or keep thinking that bad things are going to happen
- start avoiding everyday activities, such as seeing friends, going out in public or going to school

Signs to look out for in your child are:

- finding it hard to concentrate
- not sleeping, or waking in the night with bad dreams
- not eating properly
- quickly getting angry or irritable, and being out of control during outbursts
- constantly worrying or having negative thoughts
- feeling tense and fidgety, or using the toilet often
- always crying
- being clingy
- complaining of tummy aches and feeling unwell