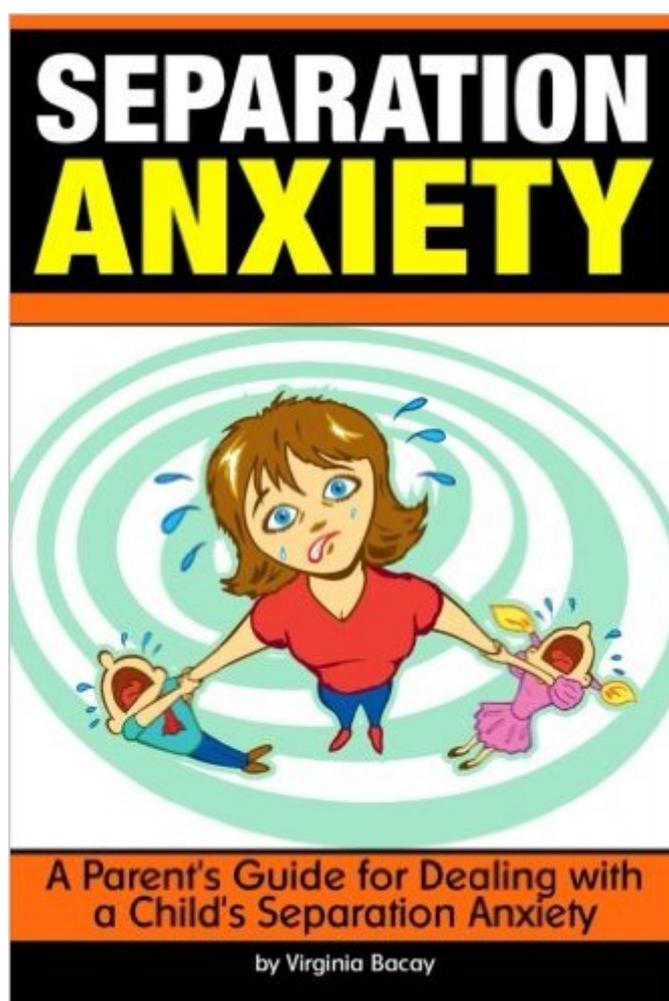


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# Separation Anxiety: A Parent's Guide For Dealing With A Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety In Children Or Toddlers )



## Synopsis

Young children develop a strong attachment to their moms, dads, and other primary caregivers. As a result, they can become quite upset when these individuals that they trust and depend on for food, comfort, and protection are suddenly out of sight. Babies and toddlers can experience apprehension when this happens, as they worry that their providers and protectors might not return once they go away. It's important to understand that separation anxiety is a perfectly normal occurrence in all young children, and that they usually outgrow it once they reach school age. However, if your child is unable to attend school due to separation anxiety, or your daily routine or work day is disrupted by your child's fear of separation, or if you just want to help ease your child's anxiety while still young, then rest assured, there are ways to help your child overcome the fear. This book is a comprehensive guide for all parents that wish to be proactive about curbing their child's separation anxiety.

## Book Information

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## Customer Reviews

It's natural for your young child to feel anxious when you say goodbye. Although it can be difficult, separation anxiety is a normal stage of development. With understanding and these coping strategies, separation anxiety can be relieved and should fade as your child gets older. However, if anxieties intensify or are persistent enough to get in the way of school or other activities, your child may have separation anxiety disorder. This condition may require professional treatment but there is also a lot that you as a parent can do to help. I desperately searched for a book to address his anxiety and fortunately found this book. The book is an easy read (I read it one day) and

immediately implemented some of the tips. As expected, the author provides some insight into 'what' and 'why' your child is feeling the way they do along with some ideas to help the both of you work through it together. I learned so much about it from this book, including ways that I was inadvertently adding to my son's separation anxiety. Would highly recommend!

Separation anxiety is normal in very every young child especially when he/she is attached to his/her parents and is afraid of unfamiliar places and faces. This book teaches the causes and reasons behind this disorder. Along this are tips on how to overcome this phase of a young kid's life. I would highly recommend this book to parents like me.

It is parent's instinct to protect their children that's why they keep their children close to them especially when they are still too young, delicate, dependent and weak. However, there will come a time when, as parents, we have to let our kids handle some things on their own and learn how to become independent. I believe a lot of parents have had problems with their children having separation anxiety and some of them, if not most, did not actually know what to do. This book discussed ways on how to prepare your child for separation. From this book, you will be able to learn different approach on how to assess and reevaluate your child's separation anxiety. Good read and I recommend it to parents, caregivers, guardians and even grandparents.

Separation Anxiety though is a term that is thrown around commonly, can be a real and intense experience for many people. More so for children. Some amount of anxiety is considered healthy, but beyond a point it becomes dysfunctional. This book provides some great inputs about indicators of when separation anxiety becomes a disorder. The steps for healing anxiety, are well explained and provide a logical explanation about the how and why of the techniques suggested. There are also checklists about when one would need professional help. I enjoyed the message of children needing to be independent and what are some creative ways parents can go about achieving that.

I found this guide very useful on understanding what causes separation anxiety in young children. Like the author points out, a little anxiety is normal at a young age; however, this book will help parents overcome this issue in older children, or when the anxiety disrupts a normal daily or sleeping schedule. I appreciated the author's easy 4 step process and simple presentation. This book will be a lifesaver for parents out there dealing with their child's separation difficulties, and put this book down better equipped to face these issues. I would highly recommend it.

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