



## Overcoming School Anxiety: How to Help Your Child Deal With Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries

By Diane Peters Mayer

AMACOM, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary:

CONTENTS  
Foreword by Deirdre Shaffer xv  
Preface xvii  
Acknowledgments xix  
How to Use the Overcoming School Anxiety Program xxi  
CHAPTER 1 - What Is School Anxiety?  
1  
Anxiety is a normal aspect of being human - positive and negative effects on mental and physical functioning - definition of school anxiety and discussion of symptoms - causes and effects of school anxiety - short- and long-term effects of school anxiety  
CHAPTER 2 - Anxiety Is a Mind-Body Experience  
10  
examination of stress and children's reaction to stress - physiological effects of anxiety - discussion of the nervous system - fight-or-flight and relaxation responses - matching physical, mental, and emotional anxiety symptoms to physiological changes - reasons for chronic anxiety - development of an anxiety disorder - guidelines for professional help - list of common anxiety disorders - ways to help children deal with stress  
CHAPTER 3 - Help! My Child Won't Go to School  
20  
causes and effects of school refusal - discussion of why leaving home can be difficult - childhood fears of parents dying while child is at school - childhood worries about not "fitting in" - definition of separation anxiety disorder (SAD)...



**READ ONLINE**  
[ 4.04 MB ]

### Reviews

*The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.*

-- **Dr. Reta Murphy**

*It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).*

-- **Claud Kris**

## You May Also Like



### **Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)**

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...



### **Maisy's Christmas Tree**

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is delightful. Toddlers celebrating the holiday will enjoy...



### **Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep**

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



### **The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)**

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB COLLECTION REVEALED PREMIUM EDITION. This one of...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...