



## Part 3 | Chapter 1

# Recognizing Anxiety

## REVIEW CHECKLIST

For recognizing stress and anxiety in my child

- Does my child have any of the following issues:
  - sensory sensitivities
  - difficulty communicating her needs effectively
  - decoding social situations
- Does my child withdraw?
- Does my child display any unexplained aggression?
- Is my child often angry when it doesn't make sense?
- Is my child often lethargic?
- Did my child have any developmental setbacks, or has he regressed in any way?
- Is my child's behavior repetitive at times?