

# WHAT ARE SYMPTOMS OF ANXIETY IN CHILDREN?

Advice from The Pandemic Parenting Podcast

"HELPING YOUR ANXIOUS CHILD WITH DR. JILL EHRENREICH-MAY & DR. DONNA PINCUS"



Frequent complaints



Difficulty sleeping



Head aches



Tantrums



Stomach aches



Seeking frequent reassurance about worries



Irritability



Hopelessness

Learn more at [www.pandemic-parent.org/podcast/helping-your-anxious-child](http://www.pandemic-parent.org/podcast/helping-your-anxious-child)



PANDEMIC PARENTING