



Childhood Fears and Worries



AGE	FEARS
0-6 months	Loss of support, loud noises
7-12 months	Fear of strangers; fear of sudden, unexpected, and looming objects
3 years	Masks, dark, animals, separation from parents
4 years	Parent separation, animals, dark, noises (including at night)
5 years	Animals, "bad" people, dark, separation from parents, bodily harm
6 years	Supernatural beings (e.g., ghosts, witches, ghouls), bodily injuries, thunder and lightning, dark, sleeping or staying alone, separation from parent
7-8 years	Supernatural beings, dark, fears based on media events, staying alone, bodily injury
9-11 years	Tests and examinations in school, school performance, bodily injury, physical appearance, thunder and lightning, death, dark (low percentage)



Types of Fears and Worries

Mark or add items to reflect your specific situation

Children	Parents
<ul style="list-style-type: none"> Heights Needles Death Dogs School Teasing Being laughed at Leaving home Not keeping up with others Dark Bad guys Grandparent's health Grandparent's, parent's smoking Changes, new places, new people Bad dreams Being liked Social situation and peers Being left alone/separation anxiety Family or parent safety/being safe/kidnapper Getting sick Being stupid Failing/embarrassed Possible loss Failure Reaction to trauma Comparison to others Real life events stir up worry 	<ul style="list-style-type: none"> Money Wellbeing of children Future of children Being good parents Weather-driving, getting to work Caregiving for the elderly Public speaking Being a productive family unit Health Being consistent The unknown



Effects of Worries

Mark or add items to reflect your specific situation

Children	Parents
Avoidance Isolation Not managing school/ hypervigilance Self-esteem Sleep disturbances Rigidly regarding rules/peers Extreme caution Major fear of consequences Flipping out easily/frustrated Crying/hyperventilating Non-compliance Not being believed Panic attacks Withdrawal Don't stand up for themselves Easily discouraged Miss out on things Feel different from others Sad Puts herself/himself down Lose friends Screaming Placing tremendous pressure on self Disappointment High expectations Helplessness Overdependency Irrational fears Ruminations Eczema Nail biting School problems Clinging Self-critical	Aging rapidly Anxiety about kids Tearful Impatient Overreacting Temper/yelling/anger/frustration Isolated and misunderstood in situations Being blamed or placing blame Overwhelmed with advice Overprotecting Empathizing with child's pain Flooded with emotion Worry about what they are missing Hesitate to involve kids in activities Tired, hurt, scared, guilty Drained of energy Fear for the future Lack of personal time Worry about children Restricted social life Grumpy Give in to kid's demands Arguments/conflict between parents Arguments/conflict between parents and kids Sleeplessness Questioning "why" Fear of the future, i.e., medical diagnosis Confusion about how best to handle anxious situations Embarrassment Hinders team work for parent