

does your child WORRY?



by Walter Duckat

FOR THE MOST PART, childhood is a happy, carefree time, but scientists say that children suffer more fear and frustration than most of us imagine. Alert parents can help their youngsters by removing anxiety, encouraging them to express their feelings, and securing professional help if necessary.

The following situations are those found most frequently among children. Check the answers which seem to describe your child best.

1. Does he worry excessively about his appearance, height, weight, complexion? Yes___No___
2. When you, his parents, quarrel, does it seem to upset him for a considerable time? Yes___No___
3. Is he usually worried about not being able to do things as well as others his age can? Yes___No___
4. Is he depressed because he lacks friends? Yes___No___
5. Is he overly disturbed about real or imagined difficulty with his studies? Yes___No___
6. Is he extremely sensitive about what others think of him? Yes___No___
7. Does he seek frequent reassurance that you love him? Yes___No___
8. Does he brood over disappointing experiences? Yes___No___
9. Does he usually sulk or become depressed when criticized, no matter how gently? Yes___No___
10. Does he worry a lot when faced with a new situation? Yes___No___
11. Is he usually tormented when he has to make a decision or change plans? Yes___No___
12. Does he seem to worry unduly about things that seldom worry most children his age? Yes___No___

No quiz can claim to be wholly accurate. The main purpose of this one is to focus on aspects of your child's emotional life which often escape parents. Scoring one point for every "yes" answer and four points for every "no," 42-48 is excellent, 34-41 is good, 20-33 is average, and 0-19 is below average.

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