

Social Anxiety in Children

Supporting Shyness and Social Worries with Care

What is Social Anxiety?

Social Anxiety Disorder is more than just shyness. It involves intense fear or worry about being judged, embarrassed, or negatively evaluated in social situations. For children, this may appear as reluctance to speak in class, avoidance of group activities, or physical symptoms when faced with social interaction.

Common Signs of Anxiety

Some common signs include:

- Avoiding eye contact or speaking in front of others
- Reluctance to go to school or attend social events
- Crying, clinging, or tantrums before social activities
- Physical symptoms like stomachaches, sweating, or shaking
- Fear of being laughed at or making mistakes in public
- Constant worry about what others think

What Causes Social Anxiety?

Social anxiety can result from a combination of temperament, environment, and experiences. Children who are naturally more cautious or sensitive may

be more vulnerable. Stressful social experiences or modeling anxious behavior can also contribute.

How is Social Anxiety Diagnosed?

A diagnosis is based on observation, parent and child interviews, and standardized questionnaires. The key is understanding how much the fear impacts daily life. A child may be diagnosed if the anxiety is persistent, interferes with normal functioning, and has lasted for at least six months.

How Can We Support a Child with Anxiety?

- Validate your child's feelings and avoid forcing social interaction
- Encourage gradual exposure to social situations
- Teach calming techniques such as deep breathing or visualization
- Help them prepare for events with role-play or social scripts
- Celebrate small wins and progress
- Work with teachers to create supportive environments

Treatment Options

Support may include:

- Cognitive Behavioral Therapy (CBT) to challenge anxious

thoughts and build confidence

- Social skills training in a supportive setting~ Family therapy or parenting strategies
- In more severe cases, medication may be considered in consultation with a healthcare provider

When to Seek Help

If your child's anxiety is interfering with school, friendships, or family life, speak with a healthcare professional. Early support helps children build resilience and comfort in social situations.

Final Notes from Our Clinic

Many children feel shy from time to time, but when worry starts to affect their daily life, we are here to help. At Kids Care Clinic, we work closely with children and their families to help them build confidence and feel more at ease in social settings.

If you have questions or concerns, please don't hesitate to reach out.