

Common worries and fears of children

There are many experiences and things that children find scary and/or worry about. Some children might find it hard to express or communicate their concerns.

It is important for you to be alert to what your child might be fearing or worrying about. These can be opportunities to emotion coach.

Write down any worries your child has. You could also add any fears you had as a child.

1.

2.

3.

Common fears and worries that children often have include:

- The dark
- Heights, spiders, dogs
- Separation from a parent/caregiver
- Peer situations
- Talking or performing in front of others
- Illness or death (either one's own or someone close to the child)
- Being left behind or not being picked up (from preschool or school)
- School work – for example, getting work wrong or not knowing how to approach a topic
- Meeting new people
- Going to new places/new experiences
- Visitors
- Conflict at home
- Loud or unusual sounds
- Losing control
- Anticipating a new sibling
- Not pleasing you as a parent – fear of disapproval
- Clowns, fantasy animals or Santa!
- Mistakes and embarrassing moments – for example, wetting pants.
- Authority figures
- Change in routine

