



SCHOOL AGE

Signs of Anxiety in School-Age Kids: What to Look For

This guide helps you recognize signs of anxiety in school-age kids. Understand how anxiety manifests in children and what red flags to look for. Gain clarity with our actionable checklist and tips for support.

A free guide from maternity.app

Understanding anxiety in school-age kids can be tricky. Unlike adults, children often express their worries through physical signs or behavioral changes rather than words.

Look for the signs of anxiety.

- **Somatic complaints.** Watch for chronic stomachaches, headaches, or nausea, especially on school mornings.
- **Behavioral rigidity.** Notice if your kid shows anger, defiance, or perfectionism when routines change.
- **Avoidance behaviors.** Look for signs like avoiding school, social events, or sleeping alone.

Anxiety Red Flags Checklist.

- ☐ Chronic, unexplained stomachaches on school mornings.
- ☐ Meltdowns or anger when routines change.
- ☐ Avoiding social gatherings and birthday parties.
- ☐ Difficulty falling asleep or frequent nightmares.
- ☐ Repetitively asking about safety or schedules.
- ☐ Waking up exhausted after a night of sleep.
- ☐ Excessive clinginess or fear of separation.
- ☐ Change in eating habits, like sudden loss of appetite.
- ☐ Increased irritability or mood swings.
- ☐ Loss of interest in activities they used to enjoy.
- ☐ Signs of physical tension or restlessness.

When to reach out for help.

If you notice signs of anxiety lasting more than two weeks, affecting school attendance, or disrupting daily activities, it's time to consult a pediatrician or psychologist.

WATCH OUT FOR PERSISTENT ANXIETY

Children may not always express their feelings. If anxiety leads to severe daily disruptions, seek professional support.

Being attentive and proactive can help your child navigate their feelings. You're not alone in this, there's support when you need it.