



THE ANXIOUS CHILD

Successful Solutions Professional Development LLC

WWW.MYECECLASS-SOCIAL.COM/ANXIOUS

(360) 602-0960 * info@myececlass.com * PO Box 727, Burley, WA 98322-0727

ECE Virtual Classroom

Online Courses for Early Childhood Educators



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The Anxious Child

1 clock hour early childhood education

Course Description

We all know the feeling. The restlessness, butterflies in your stomach, and racing heart, otherwise known as anxiety. Just like adults, children experience this feeling of worry in their lives as well. But what's the difference between a normal amount of fear and an anxiety problem? We will examine that question in this topic. We will also discuss some of the most common anxiety disorders and identify the differences between them, including Post-Traumatic Stress Disorder, Obsessive Compulsive Disorder, phobias, and general anxiety. Ways educators can work with parents and doctors to help alleviate stress for children will be discussed as well.

Washington STARS credit: Child Growth & Development (1 hour)

CDA Content Area: Supporting Children's Social and Emotional Development (1 hour)

CDA Settings

- Infant/Toddler
- Preschool
- Family Child Care (Mixed-Age)

Learning Outcomes

- ✓ List several physical and behavioral signs of stress and anxiety.
- ✓ Give examples of instructional strategies or modifications that can be made for students with anxiety.
- ✓ Name activities that teachers can do with children to help reduce anxiety in the classroom.

Course Content

1. Course Agenda
2. What is Anxiety?
3. What Teacher's Should Know
4. Anxiety in Kids
5. Signs of Stress and Anxiety in Children
6. Discussion: Severe Anxiety (1/2)
7. Instructional Strategies/Modifications
8. Children's Books for the Anxious Child
9. Classroom Activities
10. End of Course Quiz (2/2)
11. Course Evaluation Form



Sources

- Anxiety in the Classroom, Rachel Ehmke, Child Mind Institute, <http://childmind.org/article/anxiety-in-the-classroom/>
- Children's Mental Health Disorder Fact Sheet for the Classroom: Anxiety Disorders, Minnesota Association for Children's Mental Health, <http://www.schoolmentalhealth.org/Resources/Educ/MACMH/Anxiety.pdf>
- Helping A Child with Anxiety, By Janneta K. Bohlander, L.M.F.T, mart Kids with Learning Disabilities, <http://www.smartkidswithld.org/getting-help/emotions-behaviors/helping-child-anxiety-disorder/>
- Anxiety & Anxiety Disorders in Children: Information for Parents, By Thomas J. Huberty, PhD, NCSP. Indiana University, <https://www.nasponline.org/resources-and-publications/resources/mental-health/mental-health-disorders/anxiety-and-anxiety-disorders-in-children-information-for-parents>
- The Decline of Play and Rise in Children's Mental Disorders, Peter Gray Ph.D., <https://www.psychologytoday.com/blog/freedom-learn/201001/the-decline-play-and-rise-in-childrens-mental-disorders>

Glossary of Terms

General Anxiety

General anxiety is more than the normal anxiety people experience day to day. It's chronic and exaggerated worry and tension, even though nothing seems to provoke it. Children with general anxiety experience extreme or unrealistic worry in their daily lives. These children are tense, often perfectionists, and have a very strong need for reassurance.

Obsessive Compulsive Disorder (OCD)

Obsessive-compulsive disorder (OCD) is an anxiety disorder in which people have recurring, unwanted thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions). The repetitive behaviors, such as hand washing, checking on things or cleaning, can significantly interfere with a person's daily activities and social interactions.

Phobias

Children with phobias fear a specific object or situation (i.e. spiders, needles, or the dark).

Social Phobias

Children with social phobias are excessively self-conscious, making it difficult for them to interact with peers. They fear being watched, criticized or judged harshly by others.



Post-Traumatic Stress Disorder (PTSD)

PTSD is most commonly associated with individuals that have experienced some sort of trauma in their lives. This could be abuse (physical or sexual), domestic violence, natural disasters, home invasion or fire, or serious illness. Sometimes you as the teacher will know about this information and other times you may not.

Separation Anxiety

Children with separation anxiety fear being away from their parents or caretakers. Almost all children experience separation anxiety in their lifetime, and it is a normal part of development. However, separation anxiety should dissipate over time. Typically, by age four separation anxiety should only be occurring occasionally, and it should not be a part of daily school life.

Optional Resources for Further Study

- Kids Matter Mental Health Initiative Resources, funded by the Australian Government and beyondblue, <https://www.kidsmatter.edu.au/early-childhood/resources-support-childrens-mental-health/information-sheet-index-0>
- Classroom Ideas to Reduce Anxiety, Contributed by Kim Davis, Indiana University, <https://www.iidc.indiana.edu/pages/Classroom-Ideas-to-Reduce-Anxiety>
- Helping Your Child Cope with Back-to-School Anxiety, AnxietyBC , <https://www.anxietybc.com/parenting/helping-your-child-cope-back-school-anxiety>
- Kids Yoga for Calming Anxiety, Cosmic Kids, <https://www.cosmickids.com/kids-yoga-for-calming-anxiety/>

Course Author

The learning outcomes for this course have been reviewed and updated by Aurora Tollestrup, BS Ed.

This topic has been collaboratively created, organized, and developed by our team of trainers, educators, administrators and specialists. We strive to maintain high quality online training methods while adhering to state standards for adult learning and meeting the needs of our students.



ECE Virtual Classroom Academic Coach

The Virtual Classroom Academic Coach's role is to support the ECE students through the training process. The Virtual Classroom Academic Coach reviews assignment per directions, monitors discussion threads, answers inquiries/emails, monitors student engagement, provides online student support, and regularly collaborates with team members on development. The Virtual Classroom Academic Coach serves as the facilitator and grader, while the Online Educators are the official state approved trainers.

Student Support

The best way to reach us is through live student support chat. Look for the Chat with Us bubble on the bottom left corner of the website.

Website: www.myececlass-social.com

E-mail: info@myececlass.com

Phone: (360) 602-0960

Student Support Hours

Chat & Email Support

Monday - Friday	7 am – 6 pm
Saturday & Sunday	9 am – 6 pm
Holidays (Email Only)	10 am – 4 pm

Phone Support

Monday - Friday	7 am – 6 pm
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Required Assignments

Reading

The text on each page should be read. When you submit the worksheets, discussion boards, and click on the NEXT PAGE button, it will create a record of your progress moving through each page.

Videos

Watch the videos as you encounter them. If you have trouble with the videos playing, this may require that you update flash player on your computer. Optionally, some students find that if they are having difficulties playing the videos on their computer, they can view them on their phone. There is a link above the videos to view them on YouTube directly. You may wish to save the Youtube link for the video to refer to in the future, or in order to use another device for viewing.



Discussion

The discussion questions are a required part of the course. You may either post on the discussion board where you are contributing to the thread with other students. Alternately, you have the option of clicking on the link above the discussion board and submitting your response on a worksheet form. The ECE Virtual Classroom Coach will be tracking your submission of the discussion board assignments as part of meeting the learning outcomes for the course.

Worksheets

Check for Understanding worksheets are provided throughout each course. The worksheets allow opportunities to reflect on the course materials as you are progressing through the training. Watch your email in-box for trainer feedback. You may not receive feedback for every single assignment, depending on how quickly you are moving through the course. Instead, you may receive an email letting you know that your work was done well, with a certificate attached. If you need guidance, the trainer or the academic coach will be sending you emails with feedback with instructions for resubmission. Certificates will not be issued if worksheets are skipped, incomplete, or filled in with inappropriate responses. If you need assistance, we have student support available via Live Student Support Chat 7 days a week (Mon.-Fri. 7 am-8 pm and Sat.-Sun. 9am-6pm PST).

Quizzes

The end of course quizzes are primarily multiple choice and true or false questions, with occasional open-ended questions. 70% or better is required to pass the quiz. You can review the course materials and retake the quiz as many times as needed to pass. Automated emails are sent to you confirming that you have submitted the worksheets and quizzes and provide you with a link to resume at the next page.

Optional Course Items

The items below are offered in each course as options. Optional means that you have the choice to utilize them, or not.

Optional Resources for Further Study

We have included a wealth of resource links for you to explore and further your knowledge about each topic.

The resource links provided in our website are provided solely for your convenience and may assist you in locating other useful information on the Internet. When you click on these links you will leave our website and



will be redirected to another website. These websites are not under the control of Successful Solutions Training in Child Development. Successful Solutions Training in Child Development is not responsible for the content of linked third party websites. We are not affiliated with these third parties nor do we endorse or guarantee their products, services, website content, etc. We make no representation or warranty regarding the accuracy of the information contained in the linked websites. We suggest that you always verify the information obtained from linked websites before acting upon this information.

Parking Lot

The Parking Lot is offered as an optional opportunity to interact with the trainer about a question that you may have about the course topic. If you do not have a question, it is not necessary to fill out this form, it is not required. If you choose to submit a question to the trainer, she will respond to you by email. Be sure to watch your email in-box.

You can always leave a message for student support on our Live Chat on the bottom left corner of the website, any time of day or night. If we are not available, we will respond by email as soon as possible.

Certificates

When you submit the evaluation form, that prompts the academic coach to review all of your work. We will evaluate your work to assure that you have met the learning outcomes. Once that assessment is complete, you will receive your certificate by email. [Click Here](#) for a sample certificate. (This certificate is an example. The student certificate may vary slightly). Certificates are prepared 7 days a week between 7 am and 7 pm PST. In most cases, you should receive your certificate by email within a few hours after you submit the evaluation form, or first thing the next morning.

State Training Approval

This training may, or may not, meet annual training requirements in your state. Please provide us with your state, and any State registry ID number on the evaluation form, and if we are able to record your completed training with your state, we will. In some cases, for annual state credit, you will need to submit the certificate to the appropriate registry and they may or may not award annual credit. Providing a State Registry number to us does not guarantee that your state will approve the training for annual continuing education credit.

The following states have *pre-approved* our courses:

- Washington State DEL MERIT Trainer: Kimberlee Turner, MS Ed



- Illinois - Organization Approval Number B102312
- Ohio (Entity OIN # 21084413)
- North Carolina - Organization approval
- Utah - Organization approval for Online Career Ladder Courses
- Vermont - Organization Approval
- Our courses may be accepted many states that do not require pre-approval.

Technical Requirements

- Laptop or PC
- Most students are able to use mobile devices such as tablets to complete courses. However, each device is different, and an individual's skill level with the device may determine their success with using a mobile device.
- Recommended web browser: Google Chrome
 - Microsoft Edge, Safari and Firefox are other acceptable browsers.
 - Internet Explorer is no longer supported by Microsoft, and you may have issues if you use it to take training.
- Operating System
 - Make sure you're using a current operating system (for example, Windows 10).
 - Outdated operating systems may cause technical difficulties.
- Internet Speed
 - Slow internet speed may impact loading time.
- Videos may require Adobe Flash Player.

Adobe Reader is required to open PDF files. Download Adobe Reader can be downloaded free <https://acrobat.adobe.com/us/en/acrobat/pdf-reader.html>

