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The Fear Fix: Solutions for Every Child's Moments of Worry, Panic and Fear

Sarah Chana Radcliffe

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While serious anxiety affects one in five children and teens, virtually every child has anxious moments and frightened feelings. The Fear Fix approaches anxiety as a normal-process of thinking and feeling that occurs naturally in people of all ages. Friendly and authoritative, the book helps parents understand the difference between “normal” and more serious anxiety so that parents know when professional help is required and when “home treatment” is appropriate.

Sarah Chana Radcliffe offers parents a wide range of interventions, layered in such a way as to offer parents as many useful options as possible to help their kids through all the small and large anxious moments that they will inevitably encounter. For this reason, Radcliffe gives parents three levels of intervention: things they can say and/or do in the moment that can help their youngster negotiate feelings of fear; fear-calming activities and exercises they can teach their child to use independently; and mind-body strategies they can use with their child in order to uproot the child’s fear at its source.

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