



School Phobia, Panic Attacks and Anxiety in Children

Márianna Csóti

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Many children are challenged by anxiety at some time in their school career. Bringing together knowledge from her years of teaching and parenting, Márianna Csóti shows how parents and professionals can help children aged five to sixteen move away from the negative thoughts and behaviour that contribute to school phobia.

As well as tackling specific problems of bullying, separation anxiety, social phobia and panic attacks, the author provides information on current therapies and medication for the severely affected and on what to do if the child regresses. The advice can also be used to help guard against another sibling developing school phobia.

This positive and practical book is packed with information and guidance for parents, carers, teachers and other child-support professionals, on dealing effectively with the difficulties of children whose lives are being adversely affected by this distressing and very real condition.

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