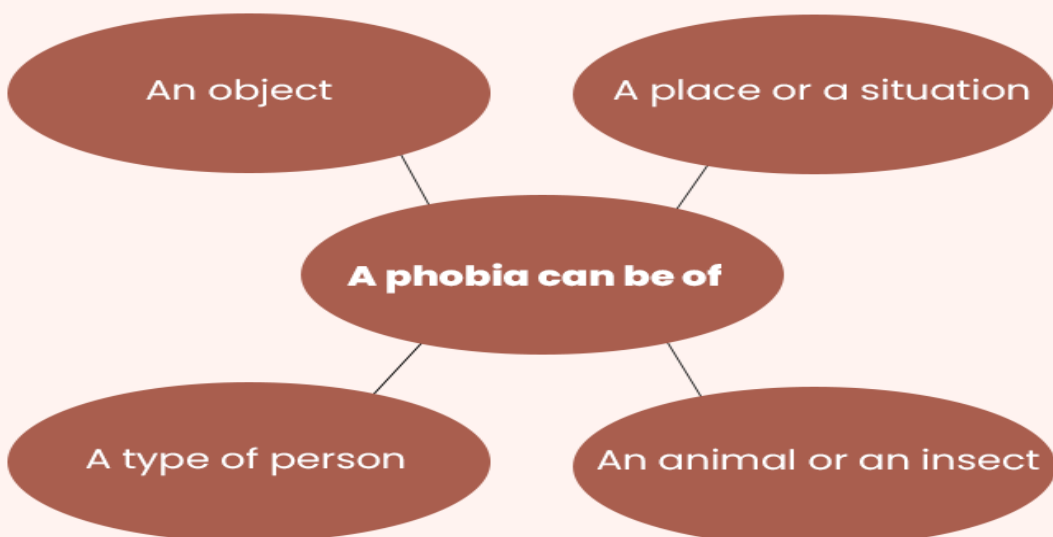


Understanding The Difference Between FEAR & PHOBIA



When fear persists for a longer duration with extreme anxiety, it is called a phobia.



Your child may have a phobia and not fear if

They take extreme measures to avoid something.



They become anxious and fearful when awaiting an encounter with a specific object or place.



Their fear has exceeded six months.



They develop physical symptoms such as increased heart rate, numbness, and pain.



Try these to help your child with a phobia



Consult a therapist about your child's symptoms to know what triggers their phobia.



Let them talk about their phobia more often.



Gradually bring them near and help them understand that it won't harm them.



Most importantly, do not force them into the process and let them take their time.

References

1. Phobias; Boston Children's Hospital
2. Phobias in Children; Cedars Sinai
3. Understanding Childhood Fears and Anxieties; American Academy of Pediatrics