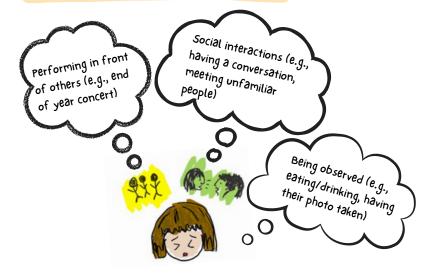


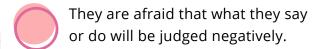
Social Anxiety Disorder

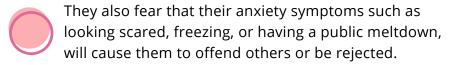
Young children with Social Anxiety Disorder (SoAD) have a **persistent** fear of being in social situations where they are exposed to being evaluated by others.

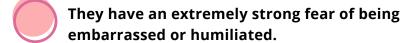


Some of these situations include:

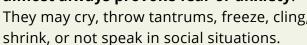








For children with SoAD, social situations almost always provoke fear or anxiety. They may cry, throw tantrums, freeze, cling,







They try to avoid social situations altogether, or endure them with intense fear or anxiety.

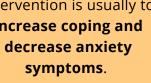




Parents should consider seeking professional help if:

- the social anxiety has lasted for at least 6 months, and
- causes the child significant distress such that he or she has been unable to function in social activities that most children can take part in.

Intervention for SoAD usually involves working with the child and parents. The goal of intervention is usually to increase coping and





Tips to help children with Social Anxiety Disorder

1. Prepare your child

Prepare your child for social situations that may make them feel scared or anxious. **Tell your child what to expect** in these situations such as who will be there and what will happen.

party on Saturday. Our relatives will be there, as well as Grandma and Grandpa.

We will be going for a birthday

2. Share your own experiences

When mummy was your age, I was also scared of performing on stage.

3



I practiced performing in front of grandma first to build up my confidence! Share your own anxious experiences with them. Let them know you had felt scared at the time, and what you had done helped you feel better.

This helps your child know that you should understand and will support them.

3. Acknowledge and praise brave behaviours

Praise your child when they do something that usually makes them feel anxious. Praise them when they are alone with you so that you do not draw attention to them.

In front of others, you can show your pride by giving them a small or a tap on the back.



It was brave of you to say hello to the boy at the playground earlier.

4. Avoid criticisms



Avoid criticising your child or being negative about their difficulty in social situations and comparing them with others.



5. Stand up for your child

If other people comment about your child's behaviour in social situations, **stand up for them**.

Tell them about the things your child can do around family members or people your child is comfortable with.







To learn more about **Anxiety**, scan this QR code or visit https://tinyurl.com/KKHDCD-understandinganxiety





To learn more about **Social Anxiety Disorder**, scan this QR code
or visit https://tinyurl.com/KKHDCD-SoAD

Disclaimer: The content is for informational purposes and should not be used as a substitute for professional medical advice, diagnosis or treatment.

Please seek help from a qualified healthcare provider if you have any concerns regarding your child's behaviour.

Department of Child Development

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