

# Challenges of 9

## Common Challenges

- Excessive perfectionism
- Sensitivity and avoidance of situations in which they believe they will fail
- Self-Criticism
- Excessive worries
- Competitive with others
- Struggling with taking tests and becoming more anxious about academics performance.

## When to Seek Help

- Your child is significantly different from others their age
- Your child is highly aggressive towards others or you
- Worries interfere with daily functioning
- Overwhelmed by social interactions and has trouble making friends
- Severe or prolonged anxiety and/or sadness
- Your child experiences significant change or trauma

## Tips and Tricks

Allow your child privacy

Support their independence by allowing them to have input on family decisions

Listen to their worries without becoming anxious yourself

Make one-on-one time

Support your child's competitive interests

Limit and monitor social interaction over digital sources

Provide opportunities for group activities and social interaction with friends

