

5 Signs Your Child's Anxiety May Benefit From More Structured Support

A brief guide for parents seeking clarity

Dr. Nicole LaRocco
Therapy for Family
Hinsdale, Illinois

Anxiety Is Interfering With Daily Life

- Avoidance of school or activities
- Physical complaints tied to stress
 - Difficulty separating

Emotional Reactions Escalate Quickly

- Rapid overwhelm
- Meltdowns or shutdown
- Prolonged distress

Reassurance Only Helps Briefly

- Repeated need for comfort
- Anxiety returns quickly
- Increased dependence

Confidence Is Decreasing

- Avoids challenges
 - Self-doubt
 - Fear of failure

You Feel Unsure What to Try Next

- Emotional exhaustion
- Concern about long-term impact
 - Feeling stuck

What Structured, Skills-Based Therapy Often Includes:

- Emotional regulation skills
- Practical coping strategies
 - Gradual exposure work
- Executive function support
 - Parent collaboration

If you're wondering whether your child may benefit from structured support, a parent consultation can help clarify next steps.

Dr. Nicole LaRocco
Therapy for Family
Hinsdale, Illinois

In-person and virtual options available
Visit therapyforfamily.com