

Parental Anxiety in the Toddler Years



Highlights

Raising a child aged 1 to 3 can be challenging, and it's normal to feel anxious about your toddler and your parenting style.

Severe, persistent anxiety can affect both you and your child, potentially preventing you from being the parent you want to be.

Understanding toddler development and seeking support can help manage anxiety and ensure positive parenting.

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Common Anxieties and Fears

Importance of Addressing Anxiety

Managing Anxiety

Tools and Assistance

Toddler Development

Common Anxieties and Fears

Importance of Addressing Anxiety

Persistent worrying

Restlessness

Difficulty relaxing or sleeping

Trouble concentrating

Frequent frustration or irritability

Rapid heartbeat episodes

Managing Anxiety

Tools and Assistance