



Anxious Children

The Faces of Separation

The Three Core Emotions

When a child faces separation, the brain triggers three primary emotions:

1. **Pursuit:** Seeking connection

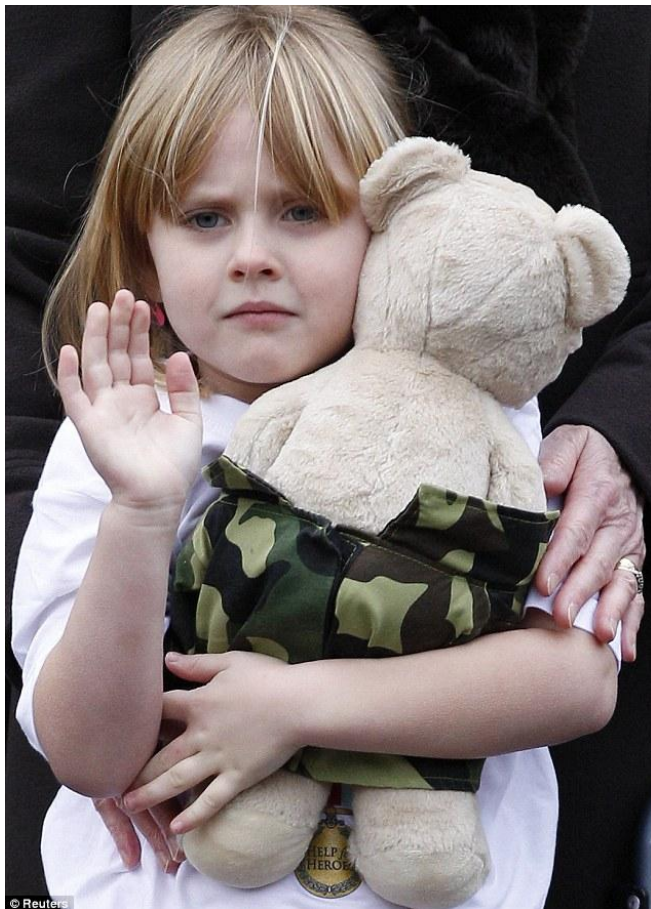
Clinging, whining

2. **Frustration:** The urge to change what isn't working

Anger, outbursts

3. **Alarm:** The feeling of impending unsafety

Anxiety, panic



Tears of Futility

Pathway to Resilience

True resilience isn't "toughing it out." It is feeling the sadness of what we cannot change.

When a child cries over a lost toy, a boundary, or a parent's absence, adaptation occurs in the brain.

Becoming a Safe Haven

- Do not cheer the child up.
- Do not offer logic or silver linings.

Come alongside them: "I know. It is so hard. I am here with you."

