



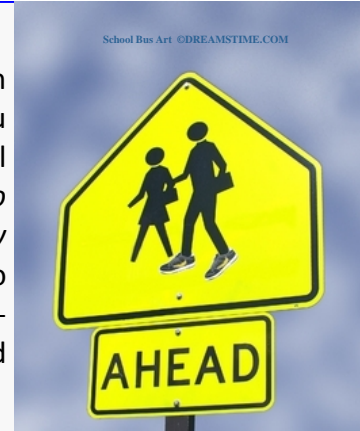
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Fall Newsletter

September 2009

Back to School Worries

Welcome to the Tool Kits for Kids™ Fall, 2009 Newsletter, which focuses on worry in children. As the new school year begins, you may find that your child has many concerns. Here are a few typical worries: *Will I have any friends in my classes? What if I get too much homework and it's too hard? I'm scared about going to a new school.,I'm worried about how I look.* Most kids have some back to school worries. For some children, these worries become persistent and upsetting. Kids can learn to conquer their worried thoughts and make the most of their new school experience.



What Does Worry in Children Look Like?

Worry in children can appear in many forms. Some kids avoid the fear altogether, while others talk about it non-stop, seeking excessive reassurance. Still others may cry, seem nervous or edgy, or have sleep problems. Some kids may not say they are worried at all, yet claim to have various physical symptoms, such as stomachaches or headaches, even though they may not be sick. Worried teens may exhibit an even more complex picture and may withdraw from situations or seem angry.

Is there a Difference between Worry, Fear and Anxiety?

Very often these terms are used interchangeably. Worry, fear, and anxiety do overlap. Worry in children is a concern that something bad will happen to them or to someone or something they love. Fear in children is often described as specific and targeted like fear of the dark, fear of dogs, or fear of flying in a plane. The term anxiety generally describes worries and fears which sometimes grow or get out of control.

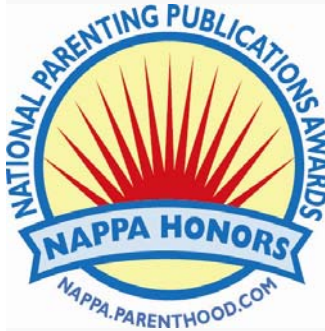
How Can Worried Children Be Helped?

You may have heard of CBT (Cognitive Behavior Therapy). These techniques are the most successful in helping people conquer worry, fear, and anxiety. The basic idea is that thoughts are very powerful and thoughts create feelings. Children can be taught to think in accurate, realistic, and reassuring ways which helps them manage worry. Children learn how to be in charge of the worry instead of the worry being in charge of them. It may sound simple, but in study after study, the results are clear.



Tool Kits for Kids™ News

Worry in kids is a worldwide phenomenon. Tool Kits for Kids LLC can help kids of all ages learn tools to become stronger and smarter than their worry . Our award-winning flagship product, [the Outsmart Your Worry Tool Kit for Kids®](#) has been popular throughout the US, as well as in Canada, Great Britain, Ireland, and Australia. Over the summer, both



the Elementary and Middle School Editions of the Outsmart Your Worry™ Tool Kit were recognized by the National Parenting Publications Awards (NAPPA) as 2009 Parenting Resources Honors Award winners. Additionally, The National Parenting Center (TNPC) awarded its highly coveted Seal of Approval to Tool Kits for Kids for both editions of its [Charge Up Your Confidence™](#) Tool Kits.



What's New

We are excited about the anticipated launch of our newest product, the [Build --Up Your Resilience Tool Kit for Kids™](#) which is scheduled for release just before the Holidays in November. This new tool kit helps young people deal with trauma and big problems. Watch for the next edition of our newsletter, when we address the all-important concept of confidence in children. Watch for the next edition of our

newsletter, when we address the all-important concept of confidence in children. Be sure to visit our website often for the latest news and informa-



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