

## **A Note to Parents and Caregivers from the Author, Christine Fishman**

I am a proud anxiety warrior, diagnosed with Generalized Anxiety Disorder in my adulthood. Looking back, I realize that I had shown signs of anxiety through my entire early childhood, but paediatric anxiety wasn't something that was really spoken about back then. Knowing the struggles that I faced growing up, I was sensitive and intuitive to the fact that our oldest child showed signs of anxiety at an early age. I knew that I had to be the voice for him until he was able to express himself and articulate his emotions.

I began to do my own research and reached out to professionals including doctors, educators, developmental therapists, and children's counsellors, for their advice and tools to help our child work through the anxiety. By talking about it, we educate others and advocate for those who feel they don't have a voice; by talking about it, it helps others not feel alone.

It is my hope that *Sweet Honey Kisses for an Anxious Bear* will be enjoyed by families and in classrooms to help support conversations about worries and anxiety between children, parents, and educators.

If you or any of the children in your life are struggling or showing any signs of anxiety (feeling overwhelmed, crying, difficulty with transitions, always feeling on edge, anger, sensory sensitives such as chewing on clothing or objects, loud sounds, large crowds, etc.), speak with a doctor, a friend, an educator, or a counsellor. By talking about it, we can transform lives and give our children the tools they will need for success in life for their emotional and mental wellbeing.

Together, we can make a difference and be the change that our children need us to be. Below are some informative resources for more information on paediatric anxiety.

Children's Mental Health Ontario — <https://www.cmho.org/>

Canadian Paediatric Society — <https://www.caringforkids.cps.ca/>