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Helping Shyness

Q My 5-year-old daughter is extremely shy. What can I do to help her break out of her shell and socialize more?

School Age

A Most parents want their child to be able to adapt to new experiences with ease. Oftentimes, a child may be uncomfortable around new or even everyday typical social situations, but these feelings typically subside over time. However, when these uncomfortable feelings get progressively worse, a social anxiety disorder may develop and prevent a child from developing socially.

It is important for a parent to understand their child's temperament before coming to the conclusion that their child is shy or has an anxiety disorder. A child that is highly sensitive may behave similarly to a shy child in new social situations. One way to discern between shyness and anxiety in a child is to observe other behaviors. Typically, when children are anxious, they don't actually recognize it as anxiety. Instead, they may say they have a headache or stomachache. Even teens may complain of headaches, sore neck and shoulder muscles. Children also have anxious thoughts such as, "what if I fall off my bike and everyone laughs?" or "what if I get sick at school?" Anxious children avoid situations even when there is no danger. Avoidance prevents children from learning to cope with challenging situations. Avoidance can appear when a young child refuses to go to school because a parent is not there, or refusing to eat in the school cafeteria. Avoidance is also habit-forming. Therefore, encouraging your child with small goals such as having her play with one new friend weekly until she is more comfortable one-on-one can be helpful. You can then help her progress to attend larger group events such as birthday parties. Providing encouragement when she engages in a new social situation and acknowledging that she is not choosing to feel shy will help her build confidence. It is also important to include everyone in your child's life on the plan, including your child's teachers. In this way, the more social opportunities she feels safe in, the more confidence she will have, and the less shy she will be.



Dr. Cristy Pareti has a Doctorate in Clinical Psychology and is a Licensed Marriage and Family Therapist in private practice in San Clemente, CA. She specializes in children and adolescents. She also sees individuals, couples and families.
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