



**Bainbridge Island's Parent  
Support Organization**

**Parent Education,  
Resources, and Connections  
to Help Families Thrive**

VISIT US ONLINE &  
SUBSCRIBE TO OUR NEWSLETTER  
[www.raisingresilience.org](http://www.raisingresilience.org)

FOLLOW US ON FACEBOOK  
[facebook/raisingresiliencebainbridge](https://www.facebook.com/raisingresiliencebainbridge)

CONTACT US  
[info@raisingresilience.org](mailto:info@raisingresilience.org)

ABOUT US

Raising Resilience is a local nonprofit supporting Bainbridge Island by bringing parents together at acclaimed, science-based speaker and documentary events; small-group classes; and panels or workshops where they can learn both from experts and each other.

## REINTEGRATION ANXIETY SIGNS AND INTERVENTIONS

### YOUNGER CHILDREN

- Somatic Symptoms
  - Stomach Aches
  - Headaches
  - Pain Issues (not medically explained)
  - Changes to Sleep/Eating
- Regression
  - Bedwetting
  - Tantrums
- School Refusal
- Separation Anxiety/Extreme Clinginess
- Sleep/Appetite Disruptions

### TEENS

- Irritability (feels chronic)
- Lack of Pleasure/Interest in Things They Used to Appreciate
- Issues with Concentration
- Withdrawal/Isolation
- Avoidance of Self Care
- Sleep/Appetite Disruptions

### HOW TO INTERVENE

- Be patient
- Check in with kids/teens
- Validate/normalize what kids are feeling
- Use relaxation/mindfulness skills
- Practice slowing down expectations and working gradually on building exposure
- Focus on things w/in one's control
- Generate joy - engage in tasks that allow for play, creativity, or mastery
- Keep all kids and especially teens socially connected in whatever ways work for your family
- Keep up routines
- Keep up traditions/weekly connections between parents and kids