

# Effect of the family environment on children

[#Childhood](#), [#anxiety](#), [#depression](#), [#oppositional #disorder](#), [#lack of #expression](#), [#alarms](#), [#behaviors](#), [#deviations](#), [#signs](#)

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Early childhood is a critical phase because it's the time when the child's personality manifests and leads into several behaviors. Hence, it is highly important to know how to analyze and understand their causes, in order to be able to resolve them, in case there exists, any deviations and delinquencies. That way, the damage which can occur later during the various stages and phases of human life, can be prevented.

In this article, we will discuss the subject of children's anxiety, how to interpret its signs in order to make an effective approach which aims to solve this problem.



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## **Child and anxiety**

Signs of anxiety are very alarming, which is not something to be overlooked.

When the child has major oppositional actions, for example, we can think that he is expressing something that is beyond him. We must then worry about inhibition, stereotyped acting and the restriction of expressions' meanings. The good health of the child depends on a good environment. The latter will offer him conditions that favor the manifestation of his creative potential and protect from anxiety that could overwhelm him.

The child's behavior, symptoms, and anxiety subside when the adult finds what was bothering him. The child needs a stable and predictable living environment, which allows him to develop his emotional and intellectual potential. The common experience of the baby with his parents, determines in a mixed, effective and cognitive process, the psychic future of the child.

The signs of psychic suffering evolve with the child. Functional disorders are the main ways of expressing tension and hurt, sleep problems such as severe insomnia or nightmares, as well as various eating disorders that can occur.

Along with disorders in the world of vital functions, some relational manifestations should attract the attention of parents and educators. For example, the absence of an addressed smile, at the latest at 3 months, the absence of transitional phenomena, the accentuation and prolongation beyond 1 year of fear of strangers, excessive shyness, absence of self-recognition in the mirror after the age of 18 months, the absence of autoerotism or vice versa, the presence of compulsive masturbation, excessive calmness, uncontrollable waves of rage.



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## **Effect on language**

Several difficulties in the relational sphere are reflected in language exchanges. Language and, emotional and psychosocial development are interdependent. Communication begins from the first day of life. Potential problems, which begin in relationships with parents, can eventually escalate. It is considered a speech delay when the child reaches school age. We notice that his speech is not organized according to the grammatical and syntactic procedures of his mother's words. Parents must attach importance to language as much for the child's appropriation of linguistic structures and for the development of his ability to express himself.

Finally, the earlier the interventions to face disorders, the faster and easier it can be to remedy them.

So, supervising our children properly, supporting and providing them with a healthy environment will allow them to advance in life in a better way and evolve with a healthy psychic and mental state.

A good expert team can help achieve such desired goals, so do not hesitate to ask for help if you notice any alarming signs in your children, especially at a very young age.

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