

COMMON FEARS IN CHILDREN AND ADOLESCENTS

The following table from Dr. Foxman's book, The Worried Child (pages 22-23) shows some of the common and normal fears of childhood and adolescence, displayed according to age.

Age	Common Fears
0-6 months	Loss of support, loud noises
7-12 months	Strangers, sudden movements or large/looming objects
1 year	Separation, toilet, strangers
2 years	Separation, dark, animals, loud noises, large objects, changes in house
3-4 years	Separation, masks, dark, animals, noises at night
5 years	Separation, animals, "bad people," bodily harm
6 years	Separation, thunder and lightning, supernatural beings, dark, sleeping or staying alone, bodily injury
7-8 years	Supernatural beings, dark, fears based on television viewing, staying alone, bodily injury
9-12 years	Tests, school performance, physical appearance, thunder and lightning, bodily injury, death
14-15 years	Family and home issues, political concerns, preparation for future, personal appearance, social relations, school