

Success in this attempt often leads to it being resorted to in situations when the child is involved in personal gain, for example, snatching a toy from a smaller child. Research findings indicate that bullying produce in victims negative feelings or qualities such as anxiety, depression, loneliness and low self-esteem. Recent findings indicate that children who have close friends are less likely to be victimized by bullies. It is therefore advisable that caregivers help children make friends, so that they are less frequently abused, thereby minimizing chances of being bullied.

### **Over-anxiety**

Anxiety is an uncomfortable feeling in die mind usually caused by the fear or expectation that something bad may happen. It can be defined as an unpleasant state of mental uneasiness or concern about some uncertain event. It causes an increased arousal in the body accompanied by generalized feelings of fear or apprehension. If these feelings become intense and persist for long periods of time, they cause over-anxiety which is a disorder. Over-anxiety is extreme fear of the unknown.

Children may develop high levels of anxiety if parents and teachers have too high expectations of children which expectations they cannot meet. To prevent anxiety in children, give them tasks which they can perform well so that they experience a sense of achievement. Parents, teachers and caregivers should be patient with children and should be patient with children and should recognize efforts made by them. Children should be given more challenging tasks when they show signs that they have mastered what they have previously been given.

### **Thumb sucking**

Thumb sucking is a behaviour found in human and other primates. It usually involves placing the thumb into the mouth and rhythmically repeating sucking contact for a prolonged duration. It is considered soothing and therapeutic for the person. It is usually done to release inner comfort. Thumb sucking is common in infants and is normal and harmless for children, up to the age of six years. Children who continue thumb sucking after this age may give an indication that the child has some degree of tension or insecurity. This is because children with emotional and developmental challenges will usually have tension. Parents and teachers are advised to check with a doctor or counsellor to ensure the child is helped at the appropriate time.

The ECDE teacher, who serves as a counsellor, should seek the root the cause of this behaviour so as to be able to help the child. He or she should not treat die behaviour lightly. It is not advisable to tease or scold the child and neither should they apply substances on tire thumb to stop thumb sucking. Instead, they should deal with the cause of die tension and insecurity. This may include keeping the child busy in things or activities that distract him from thumb sucking, as well as praising when lie succeeds in not sucking his thumb for a notable period of time.

### **Withdrawn Children**

To be withdrawn means a person has the tendency of secluding himself from others as a result of a psychological problem. A child who is emotionally and developmentally challenged may show withdrawal sighs and occasionally retreats to fantasy. Withdrawn children do participate with other children in games and activities.

They neither initiate nor sustain with other children and when confronted verbally or otherwise they do not defend themselves in word or action. They are usually afraid to ask or answer questions