

Contents

Foreword	Sandee McClowry	xi
Preface		xiii
1. What Is Shyness?		1
What's in a Name?		3
A Brief History of Shyness		4
Current Views from Developmental Psychology		6
What Shyness Is <i>Not</i>		13
2. The Nature of Shyness: Genetics and Biological Foundations		15
Born Shy? Heredity and the Role of Genetics		16
The Fear System: The Anatomy of Fight versus Flight		19
The Tightly Coiled Spring		21
Fingertips and Little Boy Blue-Eyes		23
3. Nurtured to Be Shy: Attachment and Parenting		26
How Do I Love Thee? Shyness and Attachment Relationships		27
Monkey See, Monkey Do: Parental Modeling		29
Danger! Danger! Highlighting Threats		30
Parenting in Style: Patterns of Socialization		30
Is This Child Shy? Can We Agree to Disagree?		35
Advice for Talking to Parents of Shy Children		37

4. Costs and Benefits of Shyness for Children's Development	39
Why We Might Worry About Shy Children	40
Why We Might <i>Not</i> Worry About Shy Children	49
5. Shy Children in the Classroom	53
Why Is the Classroom Stressful for Shy Children?	54
Shyness and Academic Performance	58
Positive Aspects of Shyness in the Classroom	63
6. Shy Children and Teachers	65
Teachers' Influences on Shy Children	66
Teachers' Views About Shy Children	69
Teachers' Interactions with Shy Children	73
Teachers' Relationships with Shy Children	74
Conclusions	76
7. Best Practices for Assisting Shy Children— Part I: General Approaches	77
With a Little Help from My Friends?	79
One Small Step at a Time	80
Emotion Coaching	81
Challenging Bad Thoughts	83
Mind over Matter	84
Classroom-Based Programs for Shy and Anxious Children	85
Conclusions	87
8. Best Practices for Assisting Shy Children— Part II: Specific Strategies	88
Coping with Novelty	89
Easing Evaluative Concerns	93
Promoting Positive Social Interactions with Peers	98
Conclusions	100

Contents	ix
9. Looking Forward: Shy Children in a Brave New World	102
Looking Back: Key Take-Away Messages from This Book	102
Looking Forward: Ch-Ch-Ch-Ch-Changes	105
A Final Message	109
References	111
Index	121
About the Authors	130