

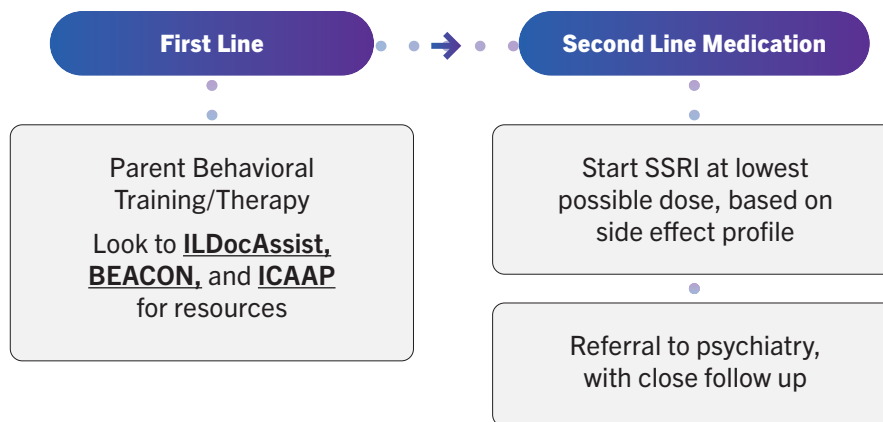
Anxiety and Depression Medication Flow Chart for Preschool Age Children: 3-5 Years Old

First line treatment is always behavioral therapy and if not effective may adjunct with medications

- ! Start at minimum dose and titrate up every four weeks until you reach the average effective dose.
- ! Assess response to SSRI in two to three weeks.
- ! If ineffective or side effects develop, switch to a different SSRI.

Screening Tools

- **Depression:** Preschool Feeling Checklist (ages 2-5), and Children's Global Assessment Scale (ages 4-16)
- **Anxiety:** Pediatric Symptom Checklist-17 (ages 4-17)



Scan the QR code or click the following links for additional information:

- [Dosing for Children Under 6](#)
- [Medicaid Preferred Drug List](#)

ILDocAssist is always available for any questions or concerns.
Visit illinoisdocassist.uic.edu or call (866) 986-2778

Drug Name
& Class

Starting
Dose Daily

Average
Effective Dose

Max
Dose Daily

Formulations

Clinical Pearls

Second Line Medication

Fluoxetine
(Prozac® or Sarafem®)

Anxiety

Initial low dose
2.5 mg – 5 mg to
improve tolerability
of SSRI

5 mg

N/A

Tablet, capsule,
or liquid.

Last resort intervention due
to high incidence of SSRI-
related side effects.

Increase dose slowly.

Planned discontinuation
after 6-9 months.

Education to parents should
include possible activation
(hyperactivity, worsening of
anxiety) for days to 2 weeks
with initiation and increases
in doses.

Fluoxetine
(Prozac® or Sarafem®)

Depression

Initial liquid dose
0.5-2 mg/day to
minimize side effects

5 mg

5-8 mg/
day effective
treatment dose
for this age group

Tablet, capsule,
or liquid.

Last resort intervention due
to high incidence of SSRI-
related side effects.

Increase dose slowly.

Planned discontinuation
after 6-9 months.

Education to parents should
include possible activation
(hyperactivity, worsening of
anxiety) for days to 2 weeks
with initiation and increases
in doses.

Sertraline
(Zoloft®)

Anxiety & Depression

5 mg/day

10 mg/day

25 mg/day

Tablet or liquid.

Monitor closely when
starting and consult
with psychiatry.

Escitalopram
(Lexapro®)

Anxiety & Depression

0.25 mg/day

5mg/day

N/A

Tablet or liquid.

Monitor closely when
starting and consult
with psychiatry.