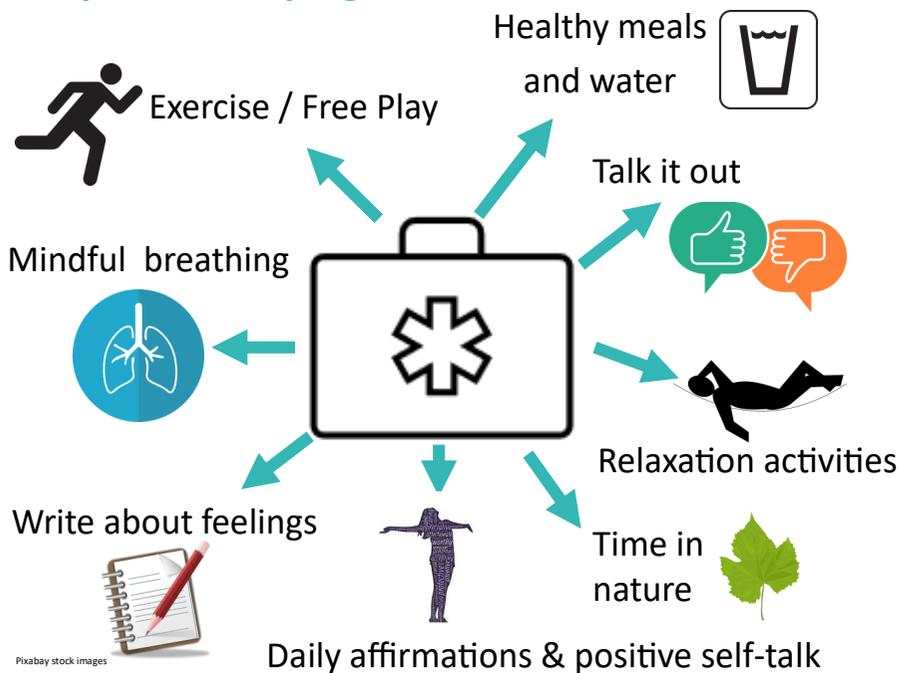


Help build a coping kit



Find out more about anxiety and get help at...

- ⇒ [Young Minds](#)
- ⇒ [Hampshire CAMHS](#)
- ⇒ [Anna Freud Centre](#)
- ⇒ [Childmind](#)
- ⇒ [Relate](#)
- ⇒ [Childline](#)

[Click the link to go straight to the website]

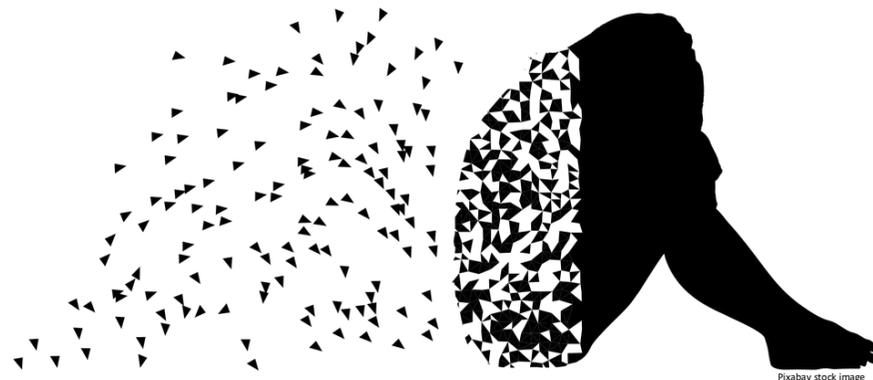
Helpful apps



Remember!

Take care of your own needs too. Notice if you feel stressed/anxious and implement strategies to help you. Model good self-care so you have the energy to help your child(ren) & young people. Check out [Education support](#) & [Mind.org.uk](#)

Anxious child? Tips for helping your child manage worries and anxiety



[Hampshire and Isle of Wight Educational Psychology](#)

[click the link for contact details]

[Telephone support line](#) for parents/carers and education staff

[Training for schools](#) - contact us to find out more about the

options available to you



All children experience anxiety as part of typical development. It becomes a **PROBLEM WHEN IT STOPS** your child from enjoying normal life by affecting their school work, family relationships, friendships or social life. Anxiety can present itself in different ways. You may **notice...**

Feeling agitated or angry 

Crying & difficulty managing emotions 

Stomach aches & headaches 

Feeling worried about situations or events 

Avoiding activities or events (including school) 

Defiance & other challenging behaviours 

Desire to control people & events 

Difficulty getting to sleep 

Intolerance of uncertainty 

Over planning for situations & events 

Having high expectations for self, including school work & sports 

Struggling to pay attention & focus 

Anxiety is unpleasant and so we find ways of making ourselves feel better. Feared or difficult situations may be avoided and we may stop doing things that worry us. Avoidance only leads to short-term relief and actually reinforces the anxiety. The more we stop or avoid things, the less we do and the harder it becomes to face our fears and overcome our worries. Help your child create a plan to take **small steps** to gradually face their fears.



What you can do to help...

Listen to your child and allow them to share their worries. **Validate** your child's feelings (e.g. "I understand, speaking in front of your whole class can be scary.")

Gently Challenge - Encourage your child to think about what they would say to a friend who had the worry. Help them think about evidence which counters their thinking (e.g. "What evidence supports your thinking? What evidence goes against your thinking?")



Reassure with evidence - "I know you can do it because when you were in the school play you learned your lines and spoke loudly and clearly."

Practice reframing

1. Name a worry floating around in your brain?
2. What is the worry telling you?
3. Let's break it down, is that worry a 100% right?
4. How can we take that worry thought and change it to a positive thought?

