



Children and anxiety...

All children feel anxious and worried at times. This is a normal part of their development, as they learn to develop survival strategies when faced with challenges. They are often more likely to show you their anxiety in different ways: tummy aches, needing lots of cuddles and reassurance, struggling to go to sleep, loss of appetite, fidgety/finding it hard to settle, are some examples. Anxiety in children tends to be more prevalent around night-time, changes/transitions/separation from you or around exam time in school.

How can parents help?

Talk to your child about anxiety and help them understand what is happening in their body. "Hey Warrior" is a wonderful picture book that can help you with this. Help them recognise the signs so they can tell when they are feeling anxious and can ask for help.

Explain that this feeling will pass, like a wave that peaks before it gets smaller. When their worries creep up, help them take deep breaths and do this together. Sometimes a cuddle can also help to soothe. Invite them to find a safe, happy place in their mind they can go to when feeling anxious. Your child can either keep a Worry Book where they can write or draw anxious thoughts or put them into a Worry Box. Exercise and movement, as well as a healthy diet, will help to reduce the stress hormones in their bodies. It is also important to keep your child away from violent or scary content on screens. Finally, work on developing positive thinking together and think of what they can DO when they feel anxious. Make a list and hang it up on the fridge!

Sometimes we could all do with someone to talk to. If you would like to meet Claudio for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on Mondays at 9-10am. You can call/text Claudio on 07901-000609 or email him at Claudio@schoolscounsellingpartnership.co.uk