



Top Tips

Don't try to eliminate anxiety but do try to help a child manage it.

Don't avoid things just because they make a child anxious.

Express positive but realistic expectations.

Respect their feelings.

Don't ask leading questions.

Don't reinforce the child's fears.

Useful websites

www.youngminds.org.uk

www.worrywisekids.org

www.nhs.uk

www.mentalhealth.org.uk

Apps

Breathe, Think, Do Sesame

Calm

Breathing Bubbles

Stop, Breathe, and Think

DREAMYKID

Useful books

The Huge bag of Worries

The very hungry worry Monsters

No Worries! Mindful kids

What to do when you worry too much.

HAKUNA
MATATA



Did You know...

Some Emotions can be very confusing for children so it is up to us to help them understand their feelings.

Behaviour is a child's loudest voice. If you notice a change then talking about feelings can help find out what may have caused this.

'Emotions are like visitors, they come and go'.

There are no 'Bad' emotions, it is important we learn how to experience them all.

Recognising a worry is the first step in learning to manage it.

It's important to talk about our feelings together. Here are a few things to include:

*Talk about your own feelings in an appropriate context. By role modelling this talk, children learn that it is OK to feel all kinds of emotions, not just the good ones.

*Talk together about worries and worst case scenarios. This helps children to see that often what could happen is not as bad as how they have been perceiving it.

*Follow this up by making a plan together about what can help. This enables children to see there are things we can do to address these feelings and that they are supported.

*Ask your child about triggers. Do they feel this way at a certain time or whilst doing a certain activity. By recognising a trigger we can look at ways to help.

*Use the language 'Tell me– Explain to me– Describe to me' to help your child share more information.

Conversation starters

How are you feeling?

What did you do today that you are most proud of?

Do you want to talk about what's going on?

What was the biggest problem you had today?

How can I support you through (issue)?

What's your favourite song at the moment?

Would I like it?

If you were an animal, which one would you be?



Resources which may help

A Calming Jar.

A Notebook or Diary for expressing worries. This can be shared by the child or just for themselves.

A Worry Monster.

Grounding



Encouragers

- * I love you and nothing can ever change that.
- * You can talk to me, I'm here for you.
- * If you tell me what is worrying you, I can do my best to help.
- * We're going to get through this together.
- * If you want to talk to someone else, that's OK too.