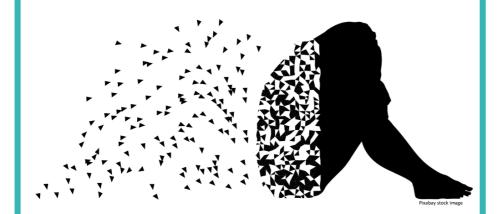


Anxious child?

Tips for helping your child manage worries and anxiety



## **Hampshire and Isle of Wight Educational Psychology**

[click the link for contact details]

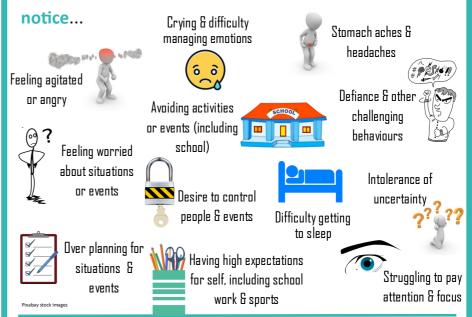
<u>Telephone support line</u> for parents/carers and education staff

<u>Training for schools</u> - contact us to find our 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



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?

