



### Top tips for helping your child with anxiety:

1. Talk with them - validate your child's worries. What is making them anxious? Are there any changes that could be made to make things easier?
2. Help your child to recognise the signs.
3. Practise calming activities e.g. exercise, drawing, reading or cooking. Make these part of your everyday routine.
4. Relaxation activities e.g. mindful breathing, yoga or meditation.
5. Worry box - a physical place where worries can be stored may help to reduce feelings of anxiety.
6. Exercise and eating well - a walk or some yoga can be brilliant for easing symptoms of anxiety, and taking your child's mind off things.
7. Teach your child to use their inner self-talk.
8. Remind your child of times they have coped before.

Helping your child with their anxious feelings is about giving them the confidence to cope when things are challenging. They need to decide what works for them, so that they are more able to self-regulate.

### Emotion coaching vs. dismissing emotions:

When talking to your child about their feelings:

Try... 'I can see you are feeling really upset/anxious. I sometimes feel like that too. Why don't we try doing some breathing/drawing/yoga?'

Instead of... 'Stop crying. It's not that bad.'

Help your child to recognise how they are feeling, and guide them to find strategies to cope.

### Inner Self-Talk:

Inner self-talk is a strategy to encourage children to change their negative thoughts into positive thoughts. Initially, they may require an adult to talk through their thoughts with them. with the long term goal of it becoming an internalised coping strategy.

Negative Thoughts	Positive Thoughts
I have never done this before.	I might learn something new.
This is too big a change.	Take it one step at a time.
I am worried about what will happen later.	Think about the present, not the future.
I can't do it.	I can't do it yet.

### Picture book suggestions:

Below are a list of picture books which talk about worries in a child-friendly way.

- Me and My Fear by Francesca Sanna
- The Worrysaurus by Rachel Bright and Chris Chatterton
- Ruby's Worry by Tom Percival
- The Huge Bag of Worries by Virginia Ironside
- Little Mouse's Big Book of Fears by Emily Gravett

### Website Suggestions:

NHS - <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Young Minds - <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>