

Helping your child with Anxiety

If your child is struggling with anxiety, you can help them by:

- Providing emotional support
- Working on practical techniques together
- Finding professional help if they need it

Emotional Support?

- Ask them to identify the source....is anything you can do to help them feel less anxious?
- Normalise anxious feelings for them as something we all get from time to time
- Listen to them talk about their worries and don't interrupt while they're talking
- Reassure them that they won't feel this way forever and it'll pass
- Just being physically present can help them feel safer...and a good cwtch is even better

Practical Strategies

- Do some box-breathing techniques together (examples can be found in resources)
- Do a 5-4-3-2-1 grounding technique together (see resources)
- Buy a squishy stress ball, or find a shiny pebble that they can rub when worried
- Encourage them to think of their favourite person or place when worried
- Encourage them to do a relaxing/distracting activity such as exercise, sport, colouring, baking, or whatever they find enjoyment in doing

Professional help

Sometimes anxiety can take over people's lives and professional help may be required.

You might consider:

- Going to a GP appointment together
- Referral to an Eye to Eye counsellor in school or in the community
- Asking the school's pastoral care for support



"Sometimes we all need someone to talk to"



Helpful Resources

CALM (APP)

Headspace (APP)

Box Breathing

5-4-3-2-1

Young Minds: Supporting a child with anxiety

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

info@eyetoeye.wales

Childline

0800 1111

www.childline.org (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

Kooth

www.kooth.com (online chat available)

