

MANAGING ANXIETY IN CHILDREN

Congratulations parents on getting your child prepared and into the classroom in the first week. This can be a difficult thing to do for some children and their parents. Getting out of the house can be an issue before we (teachers) see them. Anxiousness is another word for feeling worried or scared and is common in everyone, how we deal with it can make all the difference. Below are some things parents/guardians can have a go at in an attempt to reduce and manage their feelings.



- In a calm moment, talk about their anxiety. When your child is experiencing anxiety, position yourself at your child's eye level and speak clearly. Physical touch such as holding their hand or giving them a hug may help.
- Validate your child's emotion, but don't reinforce it. When your child is experiencing anxiety, acknowledge the feeling as real and be empathetic.
- Listen to why they're anxious and explain to them that their body is made to protect them against dangers, but they are seeing dangers that do not exist. Understanding this can help a child to stay calm when they start to feel the physical symptoms of anxiety.
- Dismissing or minimizing anxious feelings may lead to shame or confusion. Don't deliberately avoid situations you know make your child anxious.
- Think together about what makes them feel anxious
- Help your child to recognise when they're anxious
- Discuss and practise mindful activities to help them relax. There are lots of strategies below to choose from



mindfulness
cards.pdf

- Prioritize sleep. Children need about 10 hours of sleep a night. Studies have shown the important connection between this amount of sleep and mental health.
- Eat healthy.
- Get some exercise. Routine exercise has been shown to have a positive effect on mental health.
- Limit screen time.
- Create a morning routine or timetable. For children with anxiety, routines are especially important to make them feel safe. Offering children some control to plan their morning routine can help.
- Recognise small achievements



- Keep yourself calm. Children respond to parental stress.
- At school drop off time, make it a routine to stop outside the classroom, give a hug and kiss, say 'good bye', and immediately turn and leave. Do not linger around the entrance of the classroom in view of your child.

I hope you find this helpful.

Mrs Kelly