

The School Wellbeing Service website provides further information regarding the service and suggestions of mental health apps and websites for young people, professionals and parent/carers

<https://www.yor-ok.org.uk/sws.htm>

Other useful websites offering advice to parents and young people on anxiety

[www.thegoto.org.uk](http://www.thegoto.org.uk)

[www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)



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# Helpful tools and information for Parents and Carers

Support your child to manage

## Anxiety





**Most of us will have experienced anxiety at some point in our lives. As a parent/carer we have an opportunity to help our child in recognising and developing their skills in managing their emotions.**

## **How can You Help?**

### **1. Pay attention to your child's feelings.**

Acknowledge when you can see your child is worrying, name and normalise the feelings. 'I can see you are angry' or 'You look sad.' Be empathic.

### **2. Stay calm when your child becomes anxious**

Your child will pick up if you are anxious and this can escalate a situation. Remaining calm and patient can help your child to feel safe.

### **3. Notice and praise even small accomplishments**

It is important to give positive feedback to your child, acknowledging even the smallest achievements. This can also build self-esteem.

### **4. Don't punish mistakes or lack of progress**

We all make mistakes. Get your child to identify where they made a mistake and how they may be able to do it differently another time.

### **5. Try to maintain routine but allow some flexibility**

Routine does not have to be rigid but it is important to have some predictability to it. Starting with regular mealtimes and bedtimes to give structure to your child's day.



### **6. Alter expectations during stressful times**

An example is around exam times. Take some pressure off your child for a short time. Give flexibility around expectations with chores. Prepare yourself that they may not want to talk or you may find they want extra time/hugs. They could get overwhelmed with their feelings and find this scary. Reassure them it is normal worries and will pass. Encourage calm breathing.

### **7. Plan ahead for transitions**

Allow more time to get ready to leave for new activities, new school. Visit the place before hand, even just a drive by. Practice the route. Have any bags packed or equipment ready the night before.

### **8. Don't avoid everything that makes your child anxious**

Unfortunately avoidance can make anxiety worse in the long run. Your child may want to avoid school, social events, dogs or planes for example. Avoidance will reduce anxiety in the short term but in the long term they will learn this as a coping strategy. The longer someone avoids a situation, the more daunting it becomes and is increasingly difficult to face.

### **9. Think about how you manage your own worries**

We all have worries and get nervous in different situations. It is ok for you to show you are worried but important that your child can see you managing despite these feelings.

### **10. Consider your reactions and responses to your child**

Try asking questions that allow your child to open up. 'I can see you are worried. What can I do to help?' or 'Are you ok? You look worried, what's wrong?' This can open up conversation and you can look for solutions together.

