

Strategies to support children with anxiety

Noticing when your child is starting to feel the strain of stress, fear or worry is as important as supporting them to overcome difficult feelings of anxiety. If your child starts to feel anxious, here are some strategies you could try together:

- *Tell them it's ok that they feel the way they do right now and validate their feelings.
- *Sit with them and reassure them or give them space if that helps
 - *Calmly tell them these feelings in our body will pass
 - *Take 5 deep long breaths together, repeat
- *Distraction techniques - shall we go for a walk or make a drink?

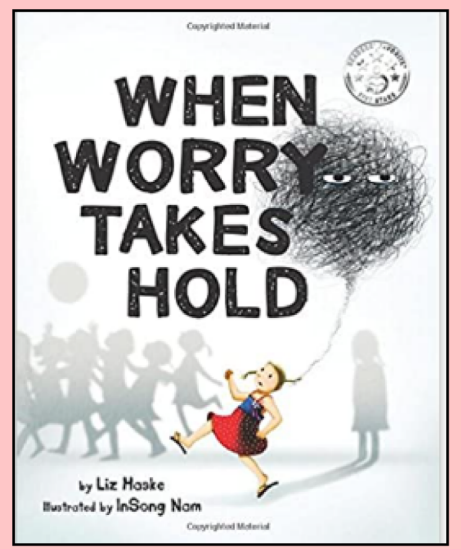
If your child is feeling really panicked, try the 3-3-3 rule: Tell me 3 things you can see, 3 things you can hear and then move 3 parts of your body. This helps to put them back in the moment by grounding emotions which feel out of control.

Mind-mapping feelings: On a piece of paper, draw the child's name in a bubble and ask them to draw out all the things in their life around it - family, friends, school, pets, things they are looking forward to, worries. Expand on each section with how they feel - which things can we control? Which things can't we control or change? Use the time to talk about them.

Recommended reads: Anxiety



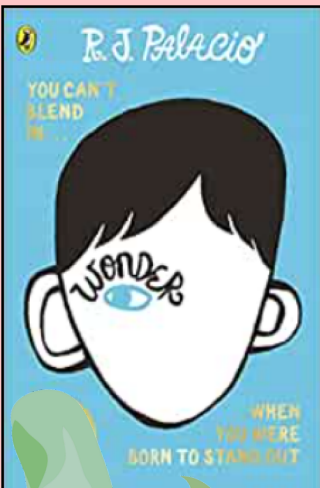
Tilda tries again - a story about when things go wrong. Age 4+



When worry takes hold - a story about dealing with worries creeping in before bedtime age 4-8 years



How big are your worries Little Bear? - a story about managing fear and stress - Age 4-9 years



Wonder - a story about bravery and diversity 9+

MENTAL HEALTH AND WELLBEING SUMMER 1

Try looking at the Young Minds website for help with identifying anxiety strategies

Or try our Supporting families Padlet for lots of useful help guides

Click here for fun and calming ways to reduce anxiety



What's on near me?

Eastleigh town centre has lots of upcoming events, many of which are FREE. Take a look at events for children and adults over the next few months here.

we're taking part!

15 to 21 May 2023

Mental Health Awareness Week

