



Leicestershire Partnership



NHS Trust

Understanding & Managing Your Child's Anxiety



Anxiety activity

What is anxiety to you?



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What can make children anxious?

Children tend to feel anxious about different things at different ages. Many of these worries are a normal part of growing up

Throughout a child's life there will be other times when they feel anxiety. Lots of children feel anxious when going to a new school, for example, or before tests and exams. Some children feel shy in social situations and may need support with this.



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Do some of these sound familiar?

"I don't want to go to school..

Please don't make me"

"I feel sick"

"What's wrong with me"

"Don't leave!"

"You do it"

"Can you leave the light on for me?"

"When are we going?"

"I don't want to go"

"I'm sorry"

"I don't want to ...I'm tired"

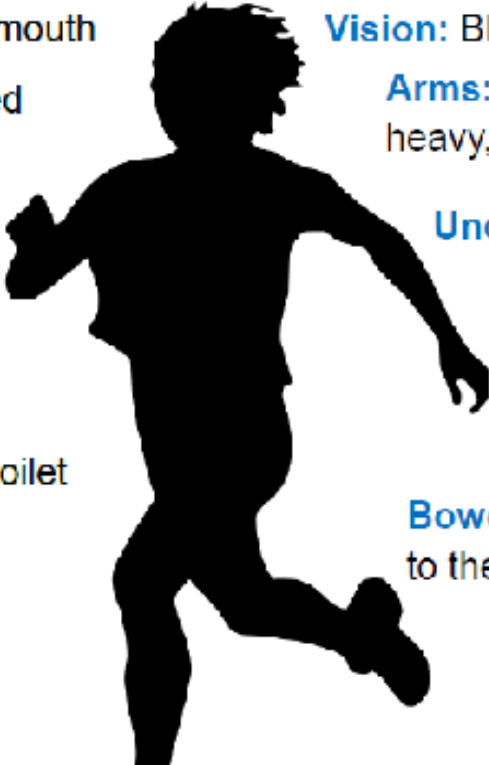
10 things kids say
that indicate
they are anxious

Fight, Flight and Freeze



Early Warning Signs

What Happens To My Body When I Feel Worried, Scared or Angry



Head: lightheaded or dizzy

Face: blush & dry mouth

Throat: feels closed

Lungs: fast breathing

Heart: beats faster

Stomach: upset tummy; feeling sick; butterflies

Bladder: need to go to toilet

Legs: feels heavy, shaky

Vision: Blurred Vision

Arms: Hairs standing up, feel heavy, shaking

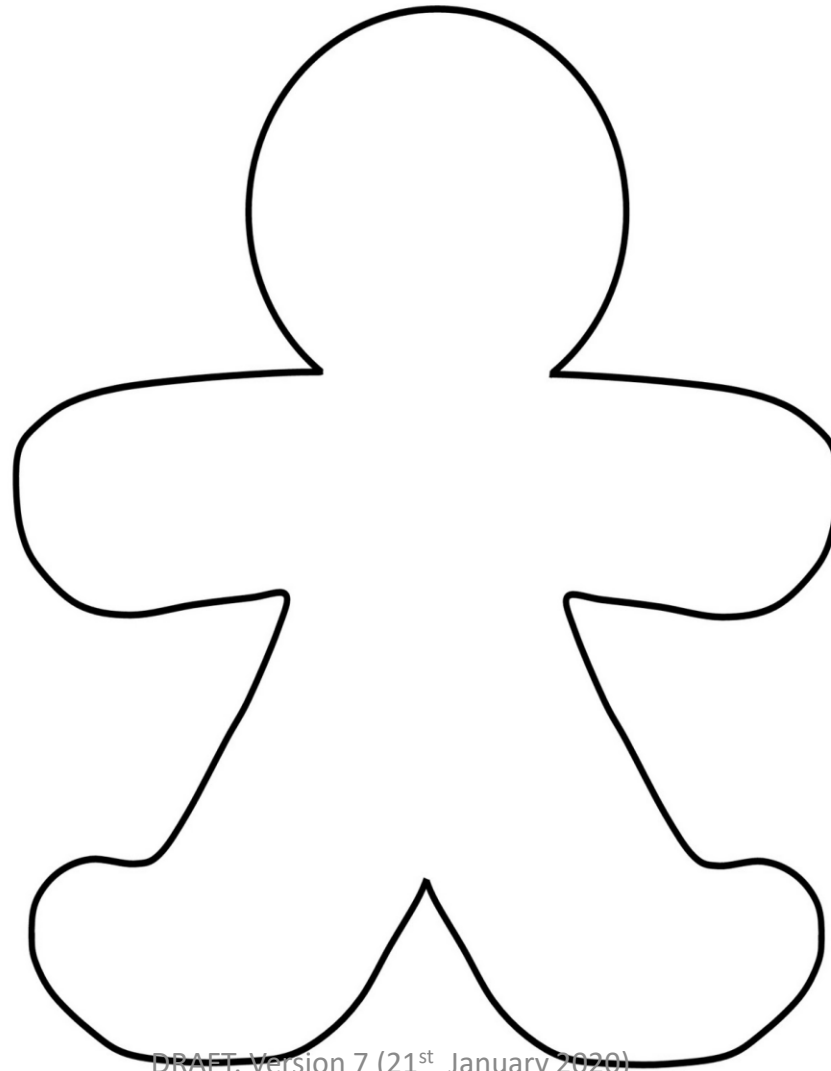
Under Arms: sweating

Chest: tight, pain

Fingers: Numb, tingling, making a fist

Bowels: feel the need to go to the toilet

Gingerbread Person Activity



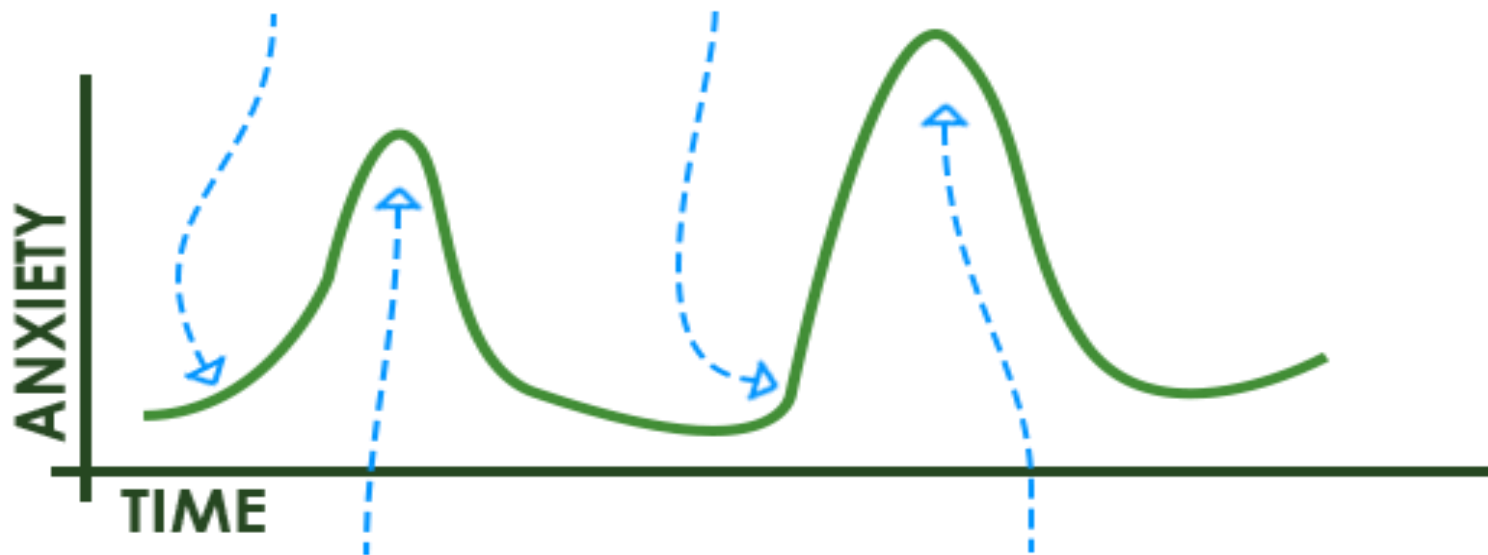
The Safety Continuum



The Magic Hour

Anxiety curve

(A person is confronted with an anxiety-producing situation which leads to an uncomfortable sense of worry and agitation.)

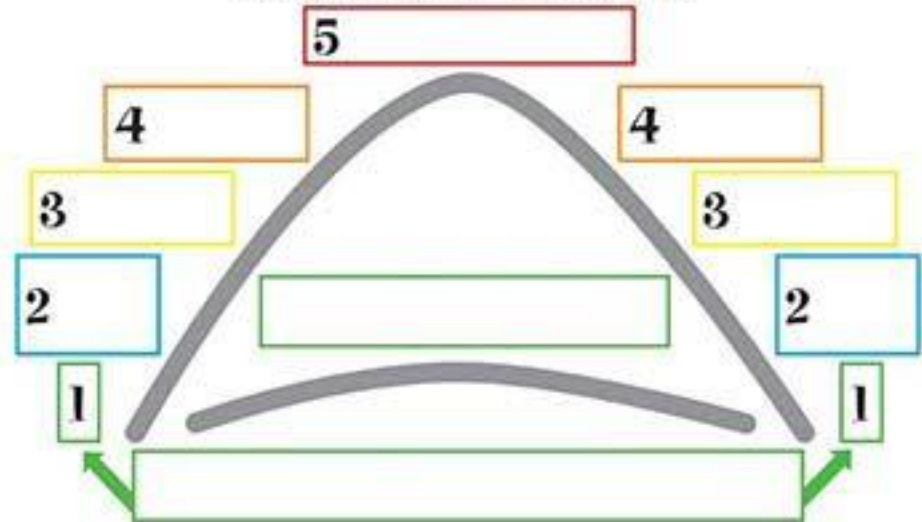


(The anxiety-producing situation is avoided, and the person receives a feeling of relief. However, next time the anxiety will be worse.)

CHECK IN

5	
4	
3	
2	
1	

ANXIETY CURVE



How to help your anxious child



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- Recognise the signs in themselves
- Talking about the changes that are happening
- Distraction can be helpful and useful
- Practice simple relaxation techniques
- Having good set routines
- Reading and sharing books, films to help understand feelings
- Try not to become anxious yourself or to overprotect them



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Mindfulness Activity



Going Forward

Importance of positive praise



