



WHAT CAN CHILDHOOD ANXIETY LOOK LIKE?



REASSURANCE

Needing lots of reassurance to try something new or when out of routine.

Frequently asking for help with tasks that they can do themselves.



SEPERATING

Difficulty separating from you such as going to school.

More clingy than usual.



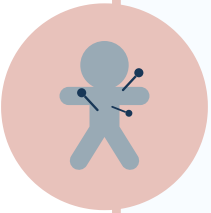
WITHDRAWING

Withdrawing from friends and social situations.

Avoiding school sports, or other activities.

PHSICAL SYPMTOMS


Physical symptoms like headaches, stomach aches and feeling sick, or vomiting.



NEGATIVITY


Can often be negative about situations.

Getting upset and teary more frequently.



SLEEP DIFFICULTIES

Difficulty sleeping and resistance to go to bed.



*Seek professional advice from your GP if you are worried about your child's health.



TIPS FOR HELPING CHILDHOOD ANXIETY



REASSURE & VALIDATE

Reassure the child that you are there for them and validate what they are feeling by showing empathy.

Try not to minimise fears or worries, they are very real for the child. Instead help your child to know that you will work together to manage the situation.



LOVE & CONNECTION

Help the child to feel safe, loved and connected.

If there are bad or stressful events occurring for the child or family, try to be as honest as possible by giving them age appropriate, accurate information.

MODIFY FOR SUCCESS



Try not to avoid anxious situations for your child, modify them so that they are tolerable that way your child can experience success. Model healthy ways of managing anxiety, your child will pick up on your cues and learn from your behaviour.

PLAN TO FEEL IN CONTROL

Help your child talk through their anxiety. If they are worried about going to a party, try to work out with them what is the worst thing that could happen and together work out a plan for if that were to occur. This can help the child feel in control of the situation.



SMALL STEPS

Encourage your child to try new things with your support. Take small steps towards achieving things that your child is anxious about and encourage them to think positively about situations.



BREATHING & MINDFULNESS

Teach your child to use mindfulness. When we tune into the present moment we learn to recognise the way our body reacts to anxiety we can start to control it. By slowing down our breathing we can also slow down our heart rate down and this helps us to feel more in control of our body.



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