

## Bishop Rd Primary – Helping your child manage their anxiety and build resilience

### SIGNS TO LOOK OUT FOR...

- Changes in behaviour
- Separation anxiety
- Behaviour Problems
- Regression
- Increased anxiety
- Tearful
- Melt down.....Shut down
- Difficulty Sleeping
- Physical symptoms – Tired, Increased need to go to the toilet, loss of appetite, stomach ache, feeling sick



### KEY MESSAGES ABOUT ANXIETY

- Anxiety is just one of many emotions
- Everyone feels anxious or worried sometimes
- It's Ok to feel anxious- it can be helpful and keeps us safe at times
- We can learn to recognise how anxiety feels in our bodies
- We can actively learn practical ways to calm ourselves
- We can learn to tolerate and manage anxious feelings



- It's always a good idea to talk to someone

### TIME TO TALK...

- Be wary of making anxiety the focus...
- Look for opportunities – the sideways chat
- Praise talk
- Un-shockable
- Normalise
- Empowering
- Overhearing



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### FEELINGS- EMOTIONAL COACHING

1. Notice the emotion  
(*'It looks like you are feeling... I wonder if that's because.'*)
2. Normalise  
(*'Lots of children feel like that when...'*)
3. Set limits  
(*'But it's not Ok to...'*)
4. Problem solve  
(*'I wonder if it would help to...'*)



### LISTENING



**Avoid.....**

- Rescuing, trivialising, minimising.
- Encourage....
- Open, tentative explorative talk

**Let's think together about what you could say...**

**You seem upset.....**

**looking worried about that...**

**It sounds as though you're feeling...am I right?**

**So have I got it right you're saying.....?**

**I wonder if you could tell me a bit more about that...?**

**I'm so pleased you've talked to me about this...**

**I wonder what might help**

### PANIC ATTACKS

- How to speak to a child...
- Slow, Low, Low

#### Scripts

- Safety – 'I'm here, I've got you' 'It's ok – you're safe' 'I'm going to stay with you'
- Physiology – 'You're body is responding in an anxious way' 'This won't last' 'Lets see how you feel in a minute'
- Validation – 'That must be really hard' 'I'm sorry that X is making you anxious'

#### When calm...

- 'Let's begin to unpick this...'
- 'I'm ready to listen when you are ready to talk'
- 'It's not silly if it makes you feel like this'



### REFERENCES / FURTHER READING

- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- parent helpline– 0808 802 5544
- [www.happymaps.co.uk](http://www.happymaps.co.uk)
- [www.place2be.org.uk](http://www.place2be.org.uk)
- The Huge Bag of Worries Ironside, V.
- Michael Rosen's Sad Book - Rosen, M.
- Body Image in the Primary School- N. Hutchinson & C. Calland
- Minnie and Max are Ok!- C. Calland & N. Hutchinson
- How to talk so kids will listen and listen so kids will talk- Adele Faber
- Conversations that Matter- Margot Sunderland
- Tackling Anxiety in Schools- Chris Calland & Nicky Hutchinson
- [https://www.ted.com/talks/molly\\_wright\\_how\\_every\\_child\\_can\\_thrive\\_by\\_five?language=en](https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five?language=en)

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