



## **Tower Hamlets Schools Counselling Partnership**

*Supporting children, families and schools*

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

### **Children and anxiety...**

All children feel anxious and worried at times. This is a normal part of their development, as they learn to develop survival strategies when faced with challenges. They are often more likely to show you their anxiety in different ways: tummy aches, needing lots of cuddles and reassurance, struggling to go to sleep, loss of appetite, fidgety/finding it hard to settle, are some examples. Anxiety in children tends to be more prevalent around night time, changes/transitions/separation from you or around exam time in school. You may be noticing that there is a lot more anxiety around, everywhere, at the moment, due to Covid 19 and the uncertainties surrounding it.

### **How can parents help?**

Talk to your child about anxiety and help her understand what is happening in her body. "Hey Warrior" is a lovely picture book that can help you with this. Help her recognise the signs so that she can tell when she is feeling anxious and can ask for help. Explain that this feeling will pass, like a wave that peaks before it gets smaller. When his worries creep up, help him take deep breaths and do this together. Sometimes a cuddle can also help to soothe. Invite her to find a safe, happy place in her mind she can go to when she feels anxious.

Your child can keep a Worry Book where he can write or draw his anxious thoughts, or put them into a Worry Box or Jar which you can make and fill together. You can also take out the worries from time to time and talk about them and see where they are. You could have a ritual of ripping up any worries that you feel you have dealt with and throwing them away or saving the pieces and making something from papier mache with all the worry pieces. Exercise and movement, as well as a healthy diet, will help to reduce those stress hormones for everyone. It is also important to keep your child away from violent or scary content on screens. Minimising the news that you and your children listen to and read will also help. Finally, work on developing positive thinking together and think of what he can DO when he feels anxious. Make a list and hang it up on the fridge!

**If you would like to make an appointment to speak to Khalida, please either email her at [khaque1.211@lgflmail.org](mailto:khaque1.211@lgflmail.org) or call/text her on 07730 416 019. She works at Chisenhale on Tuesdays.**