



## 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.

### Ease that Parental Anxiety

Worry comes with the territory of being a parent, especially the first time. *Are they too hot?, Are they too cold? Are we bonding? Am I worrying too much? Am I worrying too little? ...* We are unable to keep up that level of worry as we our child grows and/or we have more children 1) because we learn through experience and 2) because it is exhausting.

### Some Top Tips

1. Accept that you are afraid and anxious.
2. Educate yourself as to the real facts and risks from a few reliable sources. This is particularly important during these current times. The school is a trusted source which will share information that is verified.
3. Helping your child learn healthy and effective ways to manage anxiety can benefit you both. If your child is afraid of doing something then try coming up with a series of behavioural steps that end with the child trying the feared activity. *For example, if a child is scared of a slide, the first step might involve watching other children the slide, then it might be climbing the steps of the slide and coming back down again, and then perhaps going down the slide with a parent. You can do each step a number of times until your child is ready to move on.*
4. Do mindfulness exercises with your child. Watch this space for videos and courses for the whole family. In the meantime you can go to [GoNoodle](#) who have lots of useful videos.
5. Practice slow breathing and also show your child how to do this. You can imagine you are slowly and steadily blowing up a balloon, or blowing a bubble with bubble mixture and don't want it to pop.
6. Write out a list of the pros and cons of parenting your child in an overprotective manner. This will help balance your thinking so that you consider the impacts of being either over- or under protective.
7. Confront fears with reasonable action. Do the things within your control. In this current pandemic we can follow guidelines of washing hands, wearing face masks, minimising leaving home, self-isolating if we have symptoms and testing where appropriate.

We have decided upon a timing for the anxiety course and have a few slots still available. We will be starting next week and Khalida will send out zoom links to those who have signed up by Monday evening.

## **Understanding and Managing Anxiety - Free 6 Week Online Course for Parents**

No-one has been untouched by this current crisis and many of us are struggling with anxiety during these times of constant change. If you are struggling with your sleep, your concentration, and spiralling thoughts then we would like to help you.

The Schools Counselling Partnership are offering a **6 week online programme** to help you understand and manage your anxiety. During this course you will gain:

- A good understanding of excessive worry (Generalised Anxiety Disorder)
- An understanding of how worry can be maintained and the links between our thoughts, feelings, physical sensations and behaviours
- Knowledge of several techniques which can be used to help reduce your anxiety and worry
- Awareness of your early warning signs for anxiety and have a plan in place to maintain progress and manage setbacks.

Places are limited and on offer, also, to parents of the other Tower Hamlets' school that Khalida works in. The course will be over zoom, the link of which will be sent out to those who sign up nearer the time. You are expected to attend all six sessions. They will begin on **Tuesday 19<sup>th</sup> January 12.30 to 1.30**, and will run every week **at the same time and link for an hour**.

**If you would like to book a spot on the course then, please either email Khalida at [khaque1.211@lgflmail.org](mailto:khaque1.211@lgflmail.org) or call/text her on 07730 416 019 to register your interest. Please also send her any questions and queries you may have in relation to the course or the service as a whole. She works at Chisenhale on Tuesdays.**

**Please only take up a place if you know you are able to commit to the six weeks. Depending on demand more courses may be delivered in the future.**