



School Nursing Weekly Newsletter: Covid19 edition

If your child lives or attends school in London Borough of Hounslow and you would like to speak to the School Nursing Team during the **COVID-19** outbreak, please phone 020 3691 1012 or email hrch.hounslow.schoolnurses@nhs.net for free confidential health advice and support between Monday – Friday 9am – 5pm.

School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's health message;

★ **Coping with Anxiety**



Anxiety is a feeling of unease, worry or fear, that can range from mild to severe. Anxiety is a normal response to stress, when the stress has eased the anxiety usually subsides. If you feel anxiety regularly and it begins to affect your life then it becomes a problem. Like adults' children can feel anxious in stressful situations, such as times of change or pressure. Anxiety is the most common emotional problem in children

Symptoms of anxiety in children

When young children feel anxious, they cannot always understand or express what they are feeling. Signs to look out for in your child are:

- Finding it hard to concentrate
- Not sleeping, waking in the night with bad dreams
- Not eating properly
- quickly getting angry or irritable
- constantly worrying or having negative thoughts
- Feeling tense and fidgety
- Using the toilet often, or bedwetting
- Complaining of tummy aches and feeling unwell
- Being clingy
- Lack confidence
- Avoiding everyday activities
- Always crying

Children can develop severe anxieties about many things, for example:

- Germs
- Vomiting
- Separation Anxiety (common 6months-3yrs)
- their parents dying
- shy children avoid things that other kids enjoy
- tantrums/ meltdowns
- elaborate rituals, like compulsive hand washing - aimed at diminishing the fear.

It's common for young children to develop specific fears or phobias e.g. animals, insects, storms, heights, water, blood, and the dark. These fears usually go away gradually on their own.





Find out more and visit;

- <https://www.nhs.uk/apps-library/>
- www.youngminds.org.uk
- www.familylives.org.uk



Try this at home;

Ways to ease anxiety in children

- Teach your child to recognize signs of anxiety in themselves
- Encourage your child to manage their anxiety and ask for help when they need it
- Stick to regular daily routines where
- Talk to your child about any upcoming changes
- Try not to become overprotective or anxious yourself
- Practice simple relaxation techniques with your child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3.
- Distraction can be helpful for young children.
- Turn an empty tissue box into a "worry" box. Get your child to write about or draw their worries and "post" them into the box. Then you can sort through the box together at the end of the day or week

When should we get help? - If your child's anxiety is severe, persists, and interferes with their everyday life, get some help. Talk to your school nurse or GP.



Stress & Anxiety Companion - Breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.



My Possible Self: The Mental Health App - Helps you learn to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.



Chill Panda - Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



Remember: You can Cope with Anxiety

