



Supporting Children when they are anxious

Here are some tips!

Anxiety - signs to look out for in your child

- Reduced interest in activities they once enjoyed
 - Changes in weight
 - Shifts in sleep patterns
 - Sluggishness
- Frequent stomach aches
- Harsh self-assessment (“I’m ugly. I’m no good. I’ll never make friends”)

Listen and validate

Open the conversation by acknowledging and encouraging your child to express their feelings without judgement. Reassure them that it is alright to feel anxious.

Teach coping strategies

Practice breathing exercises together. Teach your child to use grounding techniques, such as focusing on five things they can see, hear, touch and smell. Create a safe space that has comfortable items in it, such as a fluffy blanket or pillow. This is a good retreat for them if they are feeling anxious. Encourage gradual exposure to help them face their fears in manageable steps. Reinforce with praise and celebrate small successes to build confidence. Model calmness by demonstrating how to handle anxiety in healthy ways.

Share your own strategies of how you stay calm.

Support for parents

- Don’t be afraid to discuss the problem or issues with professionals’ family and friends, not talking about something can make kids worry more.
- Acknowledge your own anxiety and take care of yourself. Remember to “put on your oxygen mask first before helping your child.
- “Focus on what you’re doing and how you manage your own anxiety. Children will model their parents’ behaviour when knowing what to do to keep themselves safe.

For further support and advice: -

RBKC Early Help Team

E-mail: earlyhelp@rbkc.gov.uk

someone will contact you

Telephone

0203 317 3599

E-mail

cnw-tr.kccamhs.cnwl@nhs.net

Website

[CAMHS Central and North West London Home](#)