

# Anxiety

## HELPING PARENTS



### CONTENTS:

- What is anxiety?
- Strategies on how to cope as a parent
- What can cause anxiety in school?
- Self-care for anxiety
- Useful contacts

# What is anxiety?

## Definition:

*'A feeling of worry, nervousness, or unease about something with an uncertain outcome'*

## Strategies on how to cope as a parent

1. **Tackle it early**, the longer anxiety about school persists, the deeper it becomes. Seek professional help, such as counselling, through the GP
2. **Talk to school as soon as possible**. Parents and teachers need to work together to support the child and reassure them that there is a way through and there may be things the school can do to help, like mentoring or agree flexible start times
3. **Talk to your child**, listen to their fears and respect their feelings. For younger children you could try to get them to put their worries into a 'worry box' and agree a small window of 'worry time' where they are allowed to worry. For older children try helping them find fun stress-busting activities like youth groups or sports
4. **Own your own role - you are the parent**, so don't be afraid to take tough decisions. If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe

# What can cause anxiety in school?

- **Having negative thoughts**
- **Overthinking situations**
- **Homework/revision**
- **Time pressure**
- **Underachievement**
- **Bullying**
- **Transitions between year groups and key stages**
- **Lack of concentration**
- **Anxiety within autism or SEN needs**
- **Social and emotional understanding**
- **Sensory needs**

# Self-care for anxiety

**Talking to someone you trust about what's making you anxious, can help.** You may find that they have encountered a similar problem and can talk you through it. It may be that just having someone listen to you and showing they care, can help in itself.

## Useful contacts

### **Anxiety Care UK**

07552 877219

[Anxietycare.org.uk](https://www.anxietycare.org.uk)

### **Anxiety UK**

0844 477 5774

[Anxietyuk.org.uk](https://www.anxietyuk.org.uk)

### **Don't lose hope**

01778 420762

[dontlosehope.co.uk](https://www.dontlosehope.co.uk)

### **Healthy Minds**

01522 309777

[www.lincolnshire.gov.uk/ewb](https://www.lincolnshire.gov.uk/ewb)

### **Kooth – support for young people**

[kooth.com](https://www.kooth.com)

### **The Lincolnshire Parent Carer Forum**

07925232466

[lincspcf.org.uk](https://www.lincspcf.org.uk)

### **Young Minds**

Parents Helpline – 0808 802 5544

[youngminds.org.uk](https://www.youngminds.org.uk)