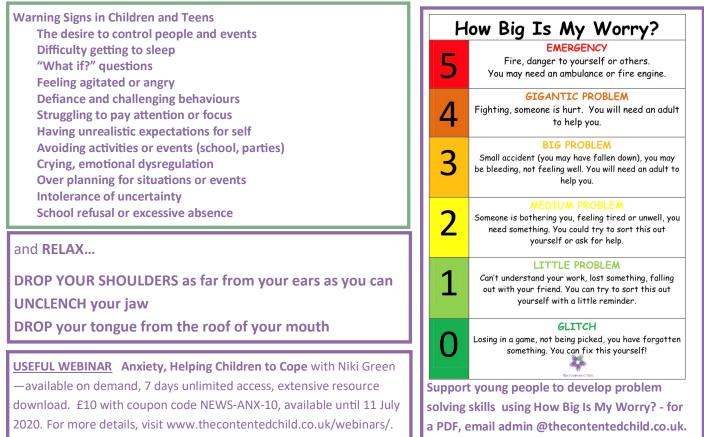
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## The Contented Child

Welcome to our second newsletter, the topic for this week is ANXIETY. In the current pandemic you may have seen anxiety on the rise in our young people. Your child may have been worried by what they have seen in the news or social media. Your child may have regressed and be clingy, easily emotionally dysregulated or tearful, reluctant to leave the perceived safety of the home environment or showing defiance. Next week we shall be covering EMOTIONAL REGULATION.



## **TOP TIPS**

Explain to young people what worry and anxiety are. Check and develop an understanding of emotions in younger children.

Build both yours and the young person's awareness of their 'triggers'.

Encourage them to talk about their worries, to reflect and develop problem solving skills. Use How Big Is My Worry?

Educate them as to how anxiety feels in their bodies so they can recognise the signs of rising anxiety and use coping/ calming strategies at the optimum time to enable them to return to calm.

Support them to continue to develop healthy habits (based on 5 Ways to Wellbeing, featured in our last newsletter) and calming/coping strategies.

Set aside uninterrupted time for talking through young people's worries with them and remember that the worries are real for them, it is their perception. Dismissing the worries will not ease them in the child.

## **Books for Anxiety**

Hey Warrior—Hey Sigmund Ruby's Worry—Tom Percival The Huge Bag of Worries—Virginia Ironside

Additional Resources—Worry Monsters/Eaters, fidget tools. RECOMMENDED APPS 3 Good Things—Calm—Smiling Mind

For more information on the services that The Contented Child offer, including webinars on a wide range of topics, for parents and educators visit www.thecontentedchild.co.uk