

HOW TO SUPPORT YOUR CHILD THROUGH ANXIETY



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FOR FREE SEMH & BEHAVIOUR RESOURCES



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FREE RESOURCES

Get free, instant access. These resources have been specifically written for parents.



Free guide: 8 Mistakes To Avoid When Helping Your Child With Anxiety

8 Mistakes Most Parents Make Helping Kids With Anxiety (And How To Avoid Them)

FREE: HELPING YOUR CHILD FIND THEIR WAY THROUGH ANXIETY IS HARD... HERE'S 8 COMMON MISTAKES AND HOW TO AVOID THEM



Free guide: helping children with emotions and behaviour at home

9 Tips For Supporting Your Child With Emotions And Behaviour At Home

FREE: AT HOME WITH THE KIDS? THIS FREE BOOKLET HAS 9 WAYS OF HELPING KIDS MANAGE THEIR EMOTIONS AND BEHAVIOUR

Free Parent Resources:

https://beaconschoolsupport.co.uk/for_parents.php

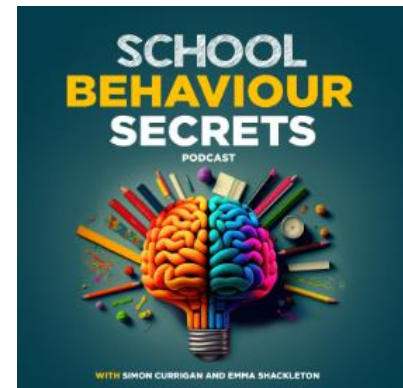
BEHAVIOUR SECRETS

...search for podcast “School Behaviour Secrets”

EPISODE 136



EPISODE 91



QUICK ACTIVITY

*What are three (or more)
things you **LOVE** about being
a parent?*

COURSE AIMS

- 1 To understand what anxiety is.
- 2 To know what happens to the brain and the body.
- 3 To understand some strategies we can use to support our children at home.

DEFINING ANXIETY

Activity:

What is anxiety?

Challenge:

When do we (as adults) have feelings of anxiety, worry or fear?



DEFINING ANXIETY

- An 'uncontrollable' worry or fear.
- Ongoing
- Prevents the someone living how they would choose
- It can appear irrational
- Affects 10% of children

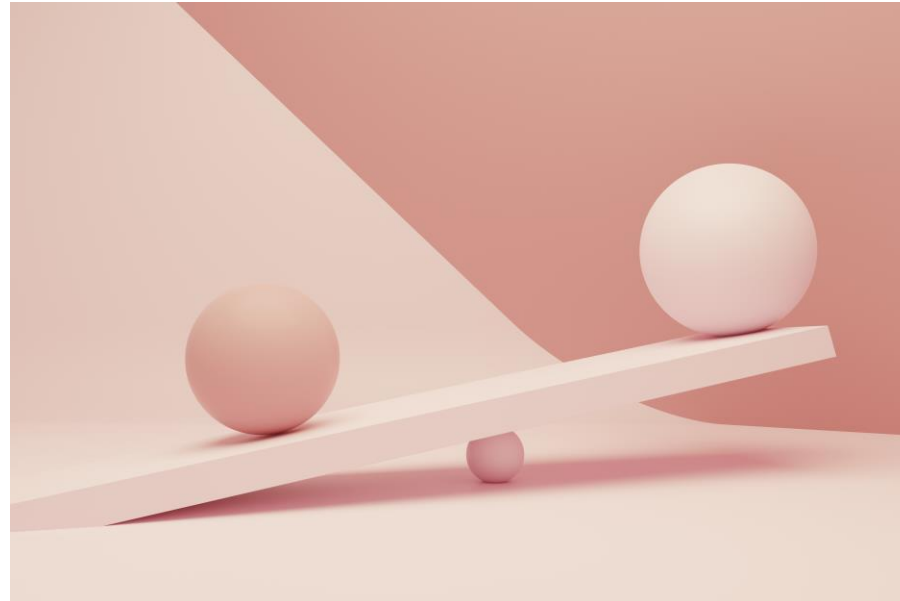
DEFINING ANXIETY

Over-estimate:

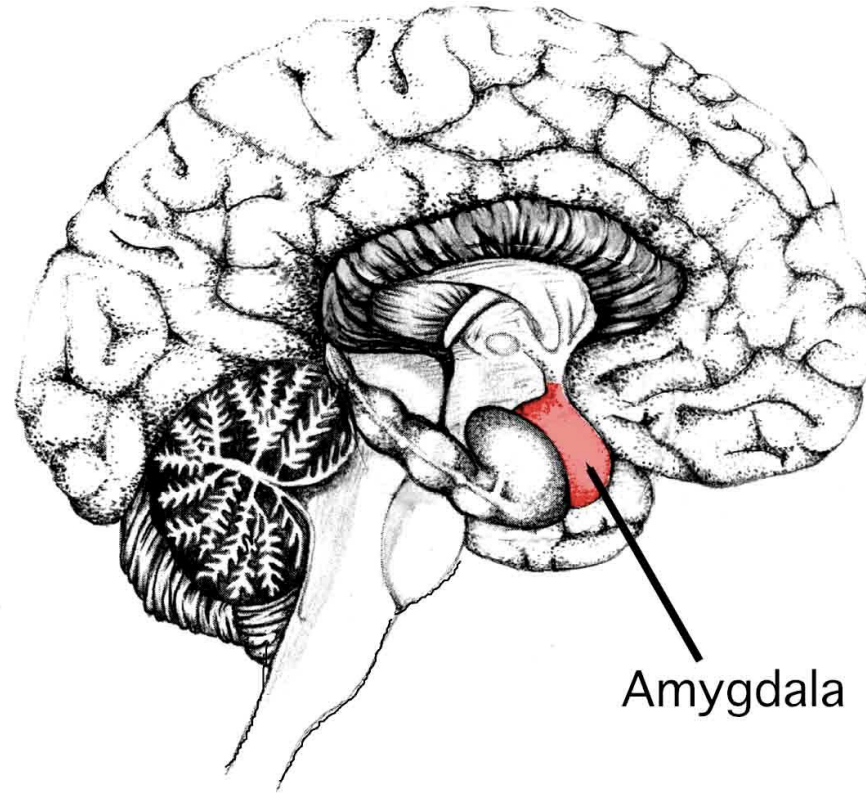
- the level of the perceived threat/ fear

Under-estimate:

- their ability to cope



HOW OUR BRAINS WORK



Amygdala

Survival brain state

HOW OUR BRAINS WORK



Fight - shouting, hitting, pushing,
saying 'no'

ANGER response

Flight - running away, hiding,
shutting down, not talking

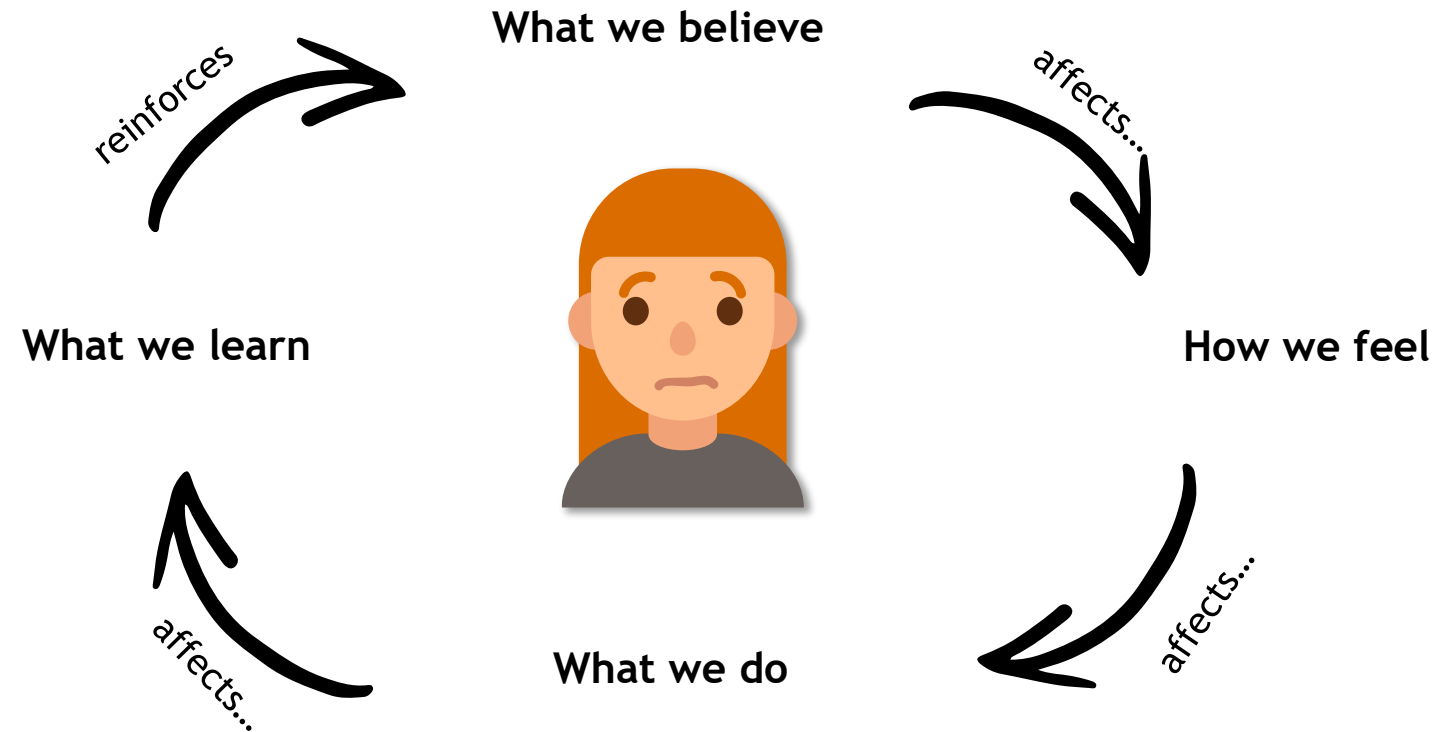
ANXIETY response



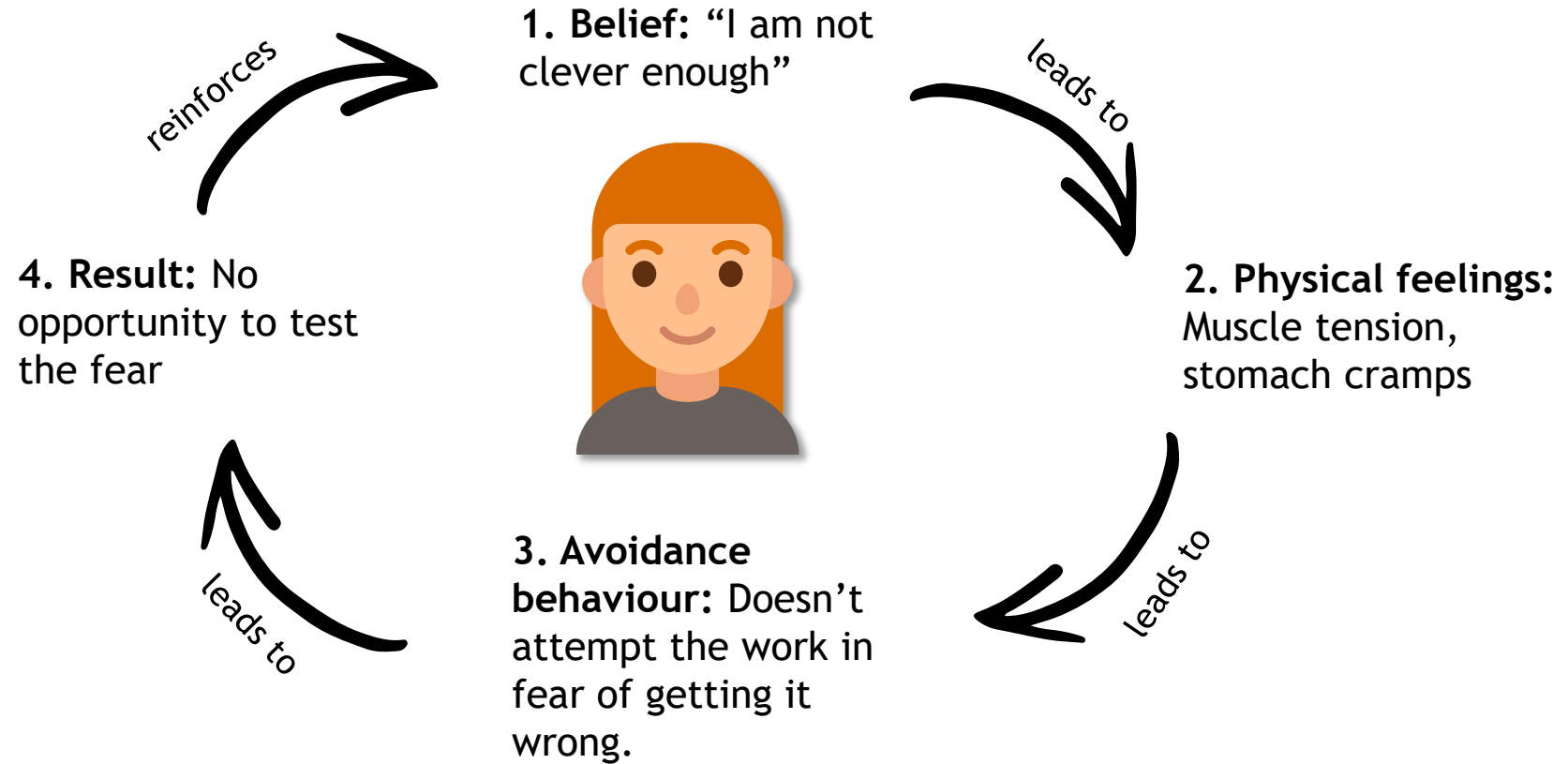
SIGNS OF ANXIETY

Crying	Clingy	Tummy aches/ feeling sick
Constantly worrying/ negative thoughts	Lack of concentration	Lack of sleep
Not eating properly	Fidgety/ restless	Using the toilet often

VICIOUS CYCLE



VICIOUS CYCLE



STRATEGY 1- REASSURANCE

- Too much reassurance can be negative.
- Use simple supportive phrases such as 'You've got this', or 'I know you can do it' rather than 'Be brave'.
- Allow time for positive affirmation to sink in.

STRATEGY 2- BODY LANGUAGE

What we say needs to match up with how we say it. Consider the following:

- Words used
- Tone of voice
- Body language

STRATEGY 3- DON'T RESCUE

- When we 'take over' we are not allowing our child the opportunity to think for themselves.
- Support/ coach them to arrive at a solution for themselves. It's empowering!
- If they can problem-solve once, they can problem solve again.

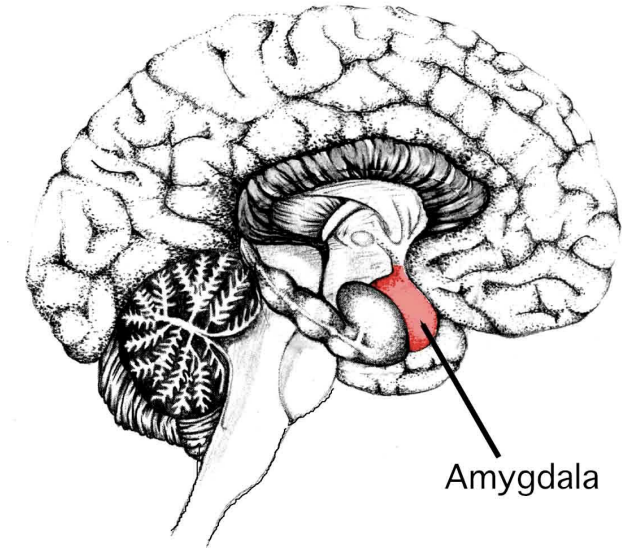


SCENARIO - SWIMMING

Jack has swimming lessons every Monday after school. His parents have noticed that he is very unsettled Sunday evenings. He doesn't eat much of his dinner and frequently uses the toilet.

ACTIVITY:

- What advice would you give to his parents?



REMEMBER:

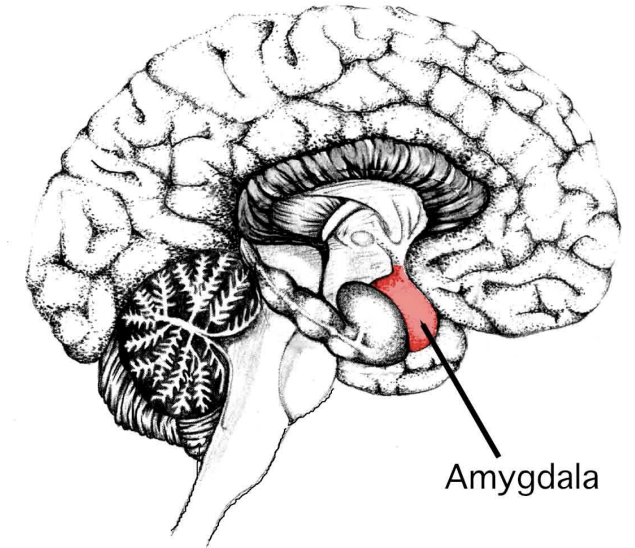
1. Reassure
2. Body language
3. Don't rescue

SCENARIO - HOMEWORK

Olivia's Dad supports his daughter with her homework after school. He finds that she is constantly fiddling and tries her best to avoid sitting down e.g., "Oh I just need to sharpen my pencil" or "I'm hungry".

ACTIVITY:

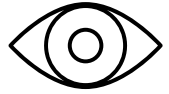
- What advice would you give to Olivia's dad?



REMEMBER:

1. Reassure
2. Body language
3. Don't rescue

BONUS STRATEGY - THREE 3'S



SEE- What can they see that makes them feel calm/ makes them smile?



HEAR- What can they hear if they listen carefully?



TOUCH - Collecting objects from their environment.

COURSE AIMS

- 1 To understand what anxiety is.
- 2 To know what happens to the body and why.
- 3 To understand some strategies we can use to support our children at home.

WHAT NOW?

Family first

Step-by-step behaviour
secrets every parent
should know



IF YOU WOULD LIKE TO KNOW MORE...

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LET US KNOW YOUR THOUGHTS



Parent survey

DLP: Senneleys Park

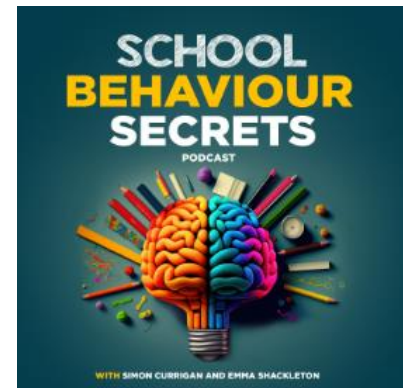
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