



# Supporting Your Child with Anxiety

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## Understanding Anxiety

- Anxiety is common in young children and is part of the body's natural alarm system.
  - Sometimes this alarm goes off when there is no real danger.
  - This does **not** mean your child is being difficult — their body is trying to protect them.
  - Anxiety is **manageable**, especially with calm, consistent support.
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## Common Signs of Anxiety

- **Physical:** tummy aches, headaches, feeling sick, trouble sleeping
  - **Emotional:** tearful, irritable, easily overwhelmed
  - **Behavioural:** avoiding situations, clinginess, perfectionism, reassurance-seeking
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## How Anxiety Can Affect Daily Life

- **Learning & concentration:** worries take up space in the brain, making focus harder
  - **Friendships & play:** fear of judgement or rejection can affect confidence in social situations
  - **Confidence & self-esteem:** avoiding challenges can make children doubt their abilities
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## How Parents Can Help at Home

- **Listen first** – give your child time to share how they feel before trying to fix things
  - **Use calm, simple words**, such as:
    - "It sounds like worry is visiting today."
    - "I can see this feels hard, and I believe you can manage it."
  - **Help your child name their feelings** to reduce overwhelm and build emotional understanding
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# Simple Tools You Can Use Straight Away

## Breathing

- Try “*smell the flower, blow out the candle*” breathing
- Breathe in slowly through the nose, breathe out gently through the mouth
- Repeat 3–5 times

## Routine

- Predictable routines help children feel safe and reduce worry
- Prepare children for changes in advance where possible

## Small Steps

- Break worries into small, manageable steps
  - Praise effort and bravery, not just success
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## What Helps Anxiety Reduce Over Time

- Encouraging coping rather than avoiding feared situations
  - Reducing constant reassurance and building confidence instead
  - Staying calm and consistent, even when emotions feel big
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## When Extra Support May Be Needed

- Anxiety is intense, persistent, or getting worse
- It is affecting school attendance, friendships, or family life
- Your child is avoiding many situations or is frequently distressed

If you are concerned, speak to your child’s school, GP, or a qualified mental health professional.

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## Key Message for Parents

*Anxiety is common, understandable, and treatable. With support, children can learn to feel brave and capable.*

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