

Workshop for Parents/Carers

Understanding and supporting your child with anxiety

Primary Mental Health Service


Coventry and
Warwickshire Partnership
NHS Trust

relate
the relationship people


for better mental health
Coventry and
Warwickshire

Welcome

Mobile phones

Interactive session

Emotional awareness

To discuss your child – talk to one of us after



Agenda

- To understand what anxiety is
- To understand fight, flight and freeze
- To provide strategies to manage anxiety
- To know where to access further support

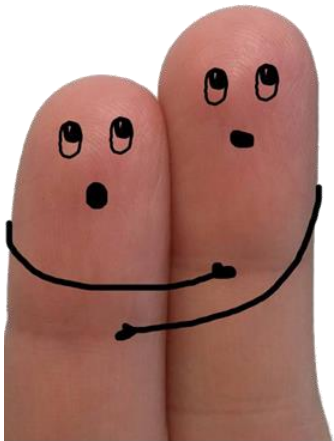
What is anxiety?

Anxiety is a feeling of unease such as worry or fear

It is a normal healthy reaction

Occurs in times of danger or stressful situations

It is influenced by a variety of factors



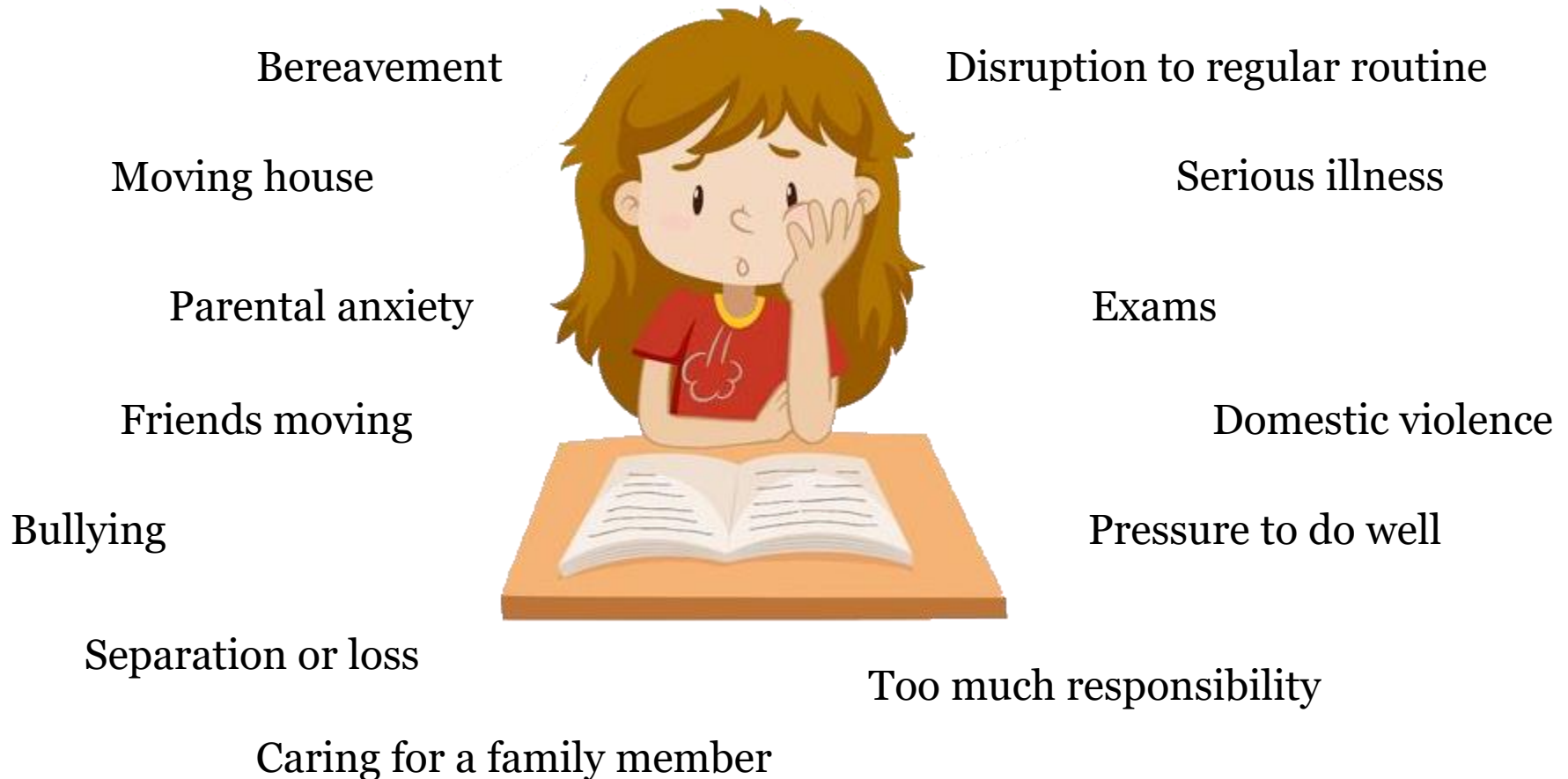
A normal response to anxiety

Fight, flight or freeze

Video



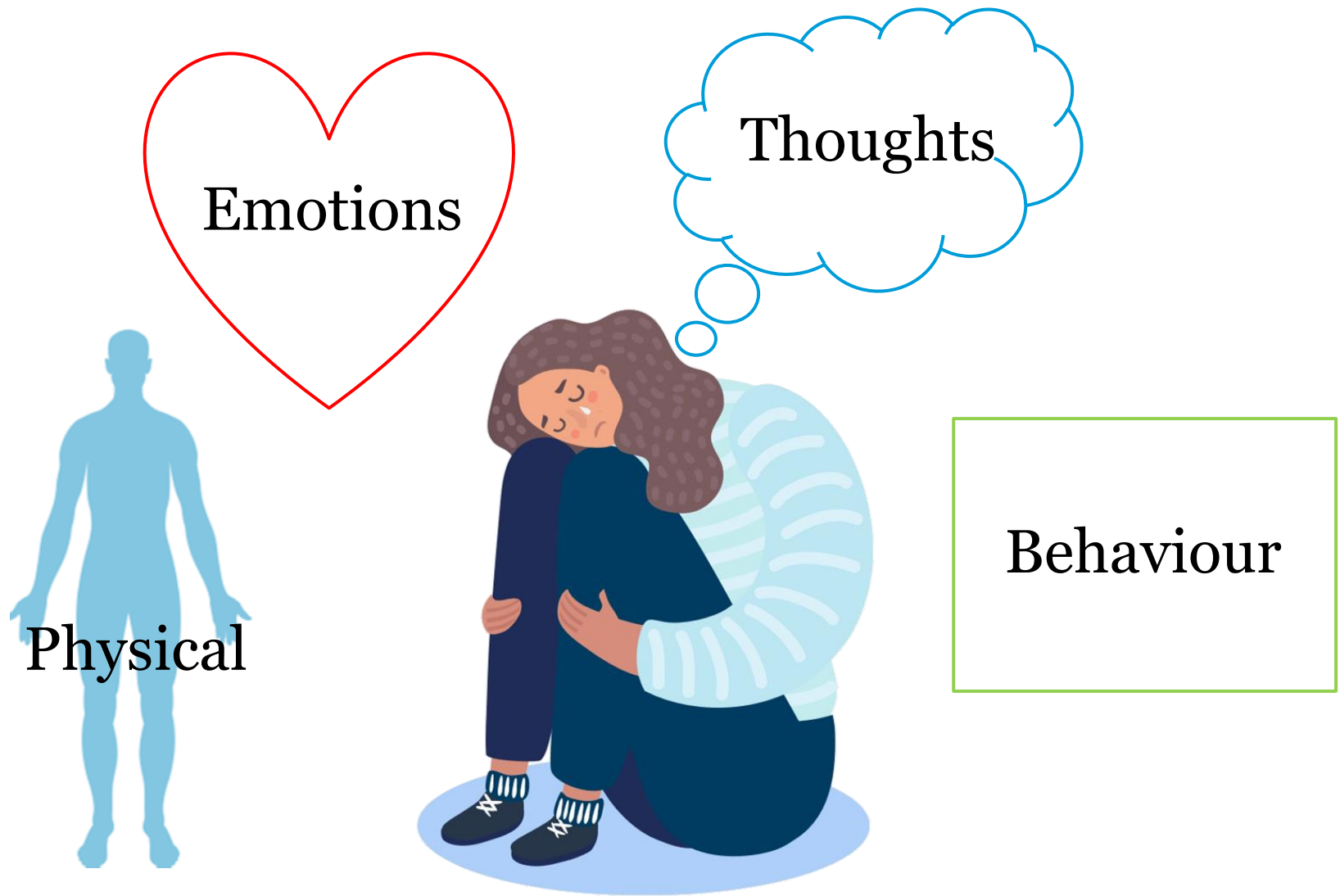
What can make a child anxious?



Developmental anxieties in childhood

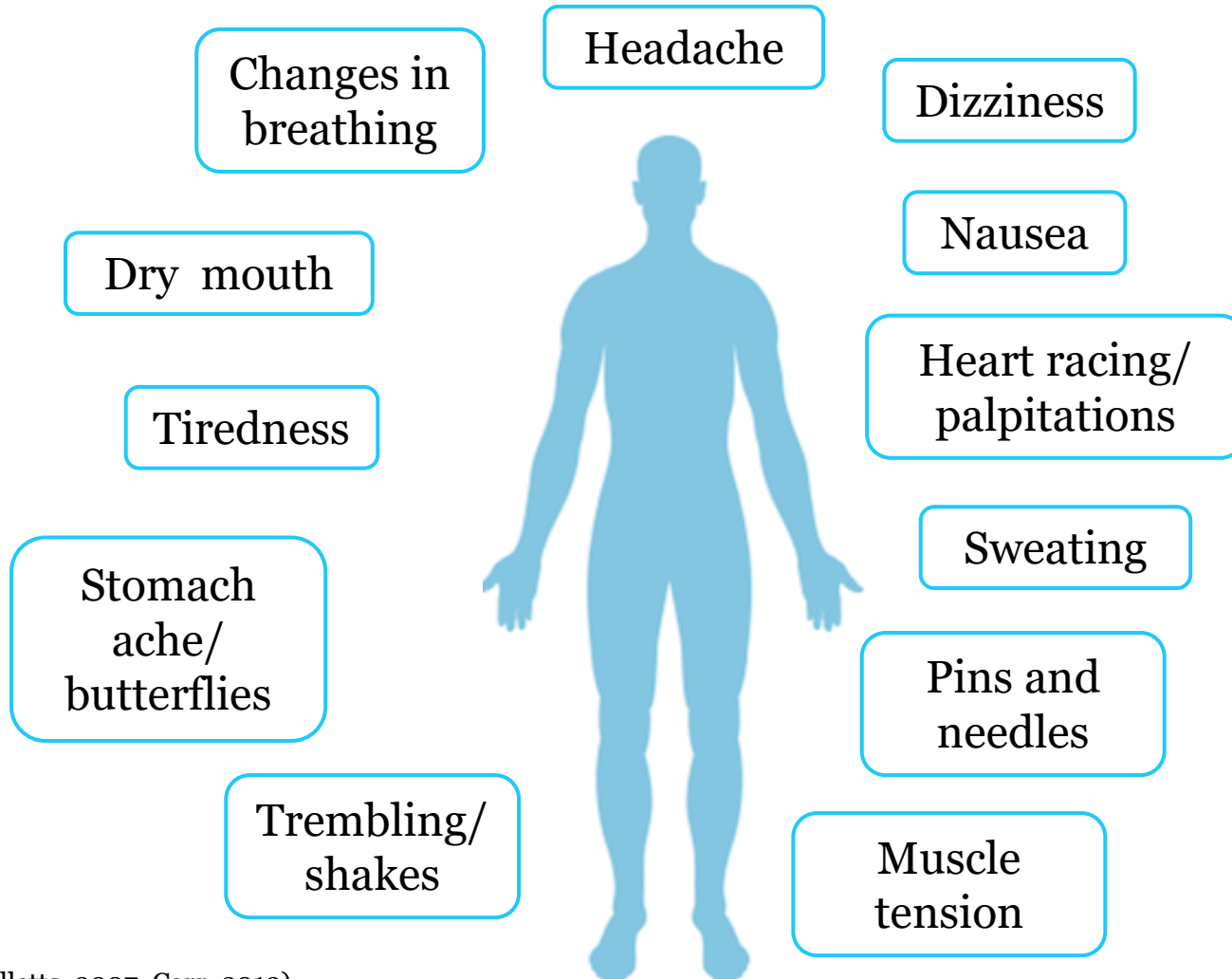
Loud noises or sudden changes in temperature or sound	0-2 years
Anything unpredictable or strange, the dark, people in costumes	3-4 years
Scary stories, shadows, natural disasters, animals & injury	5-7 years
Death & sickness of loved ones	8-11 years
Failure, peer rejection, missing out	12+ years

Signs of anxiety in children

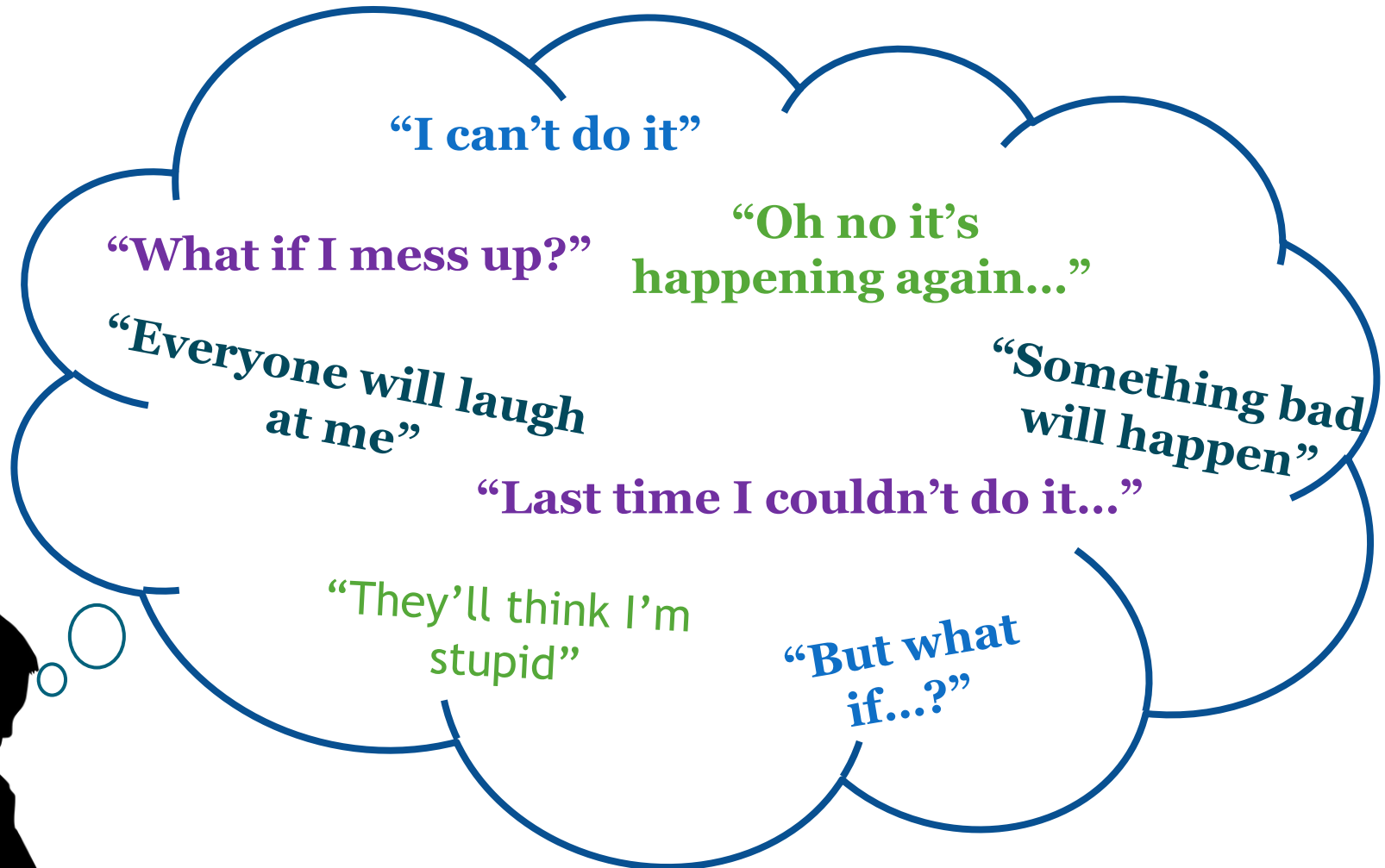


Signs of Anxiety

Body Sensations



Signs of Anxiety Thoughts



Signs of Anxiety Feelings



Signs of Anxiety Behaviour

Making mistakes

Seeking reassurance

Sleeping more/less than usual

Crying

Indecisiveness

Fidgeting

Over-checking

Aggression or being short tempered



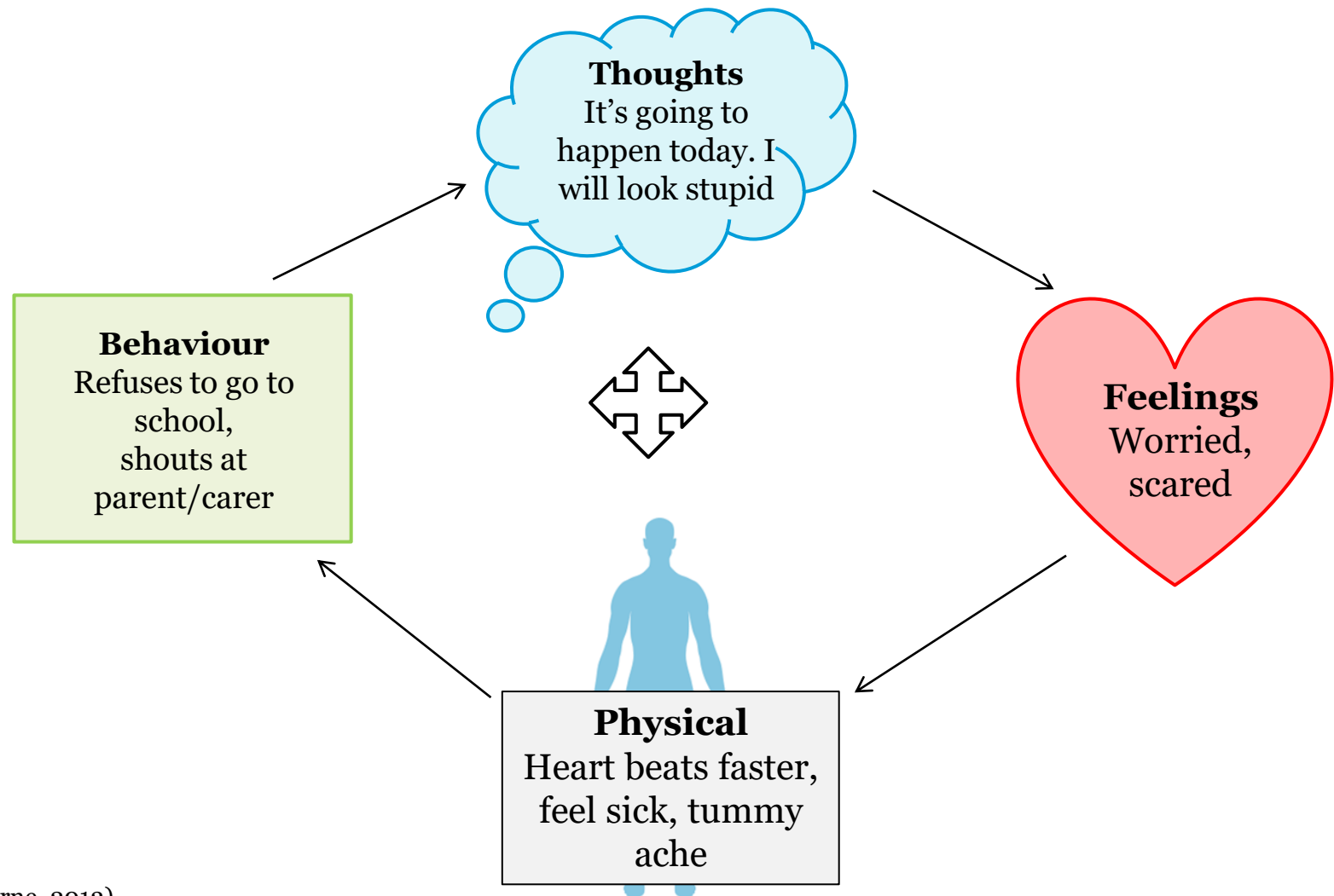
Eating more/less than usual

Avoidance – missing school or getting others to do things

Stuttering or talking quickly

Understanding anxiety

Trigger: being teased at school



Iceberg analogy

Behaviour

Refuses to go to school,
shouts at parent/carer

Thoughts

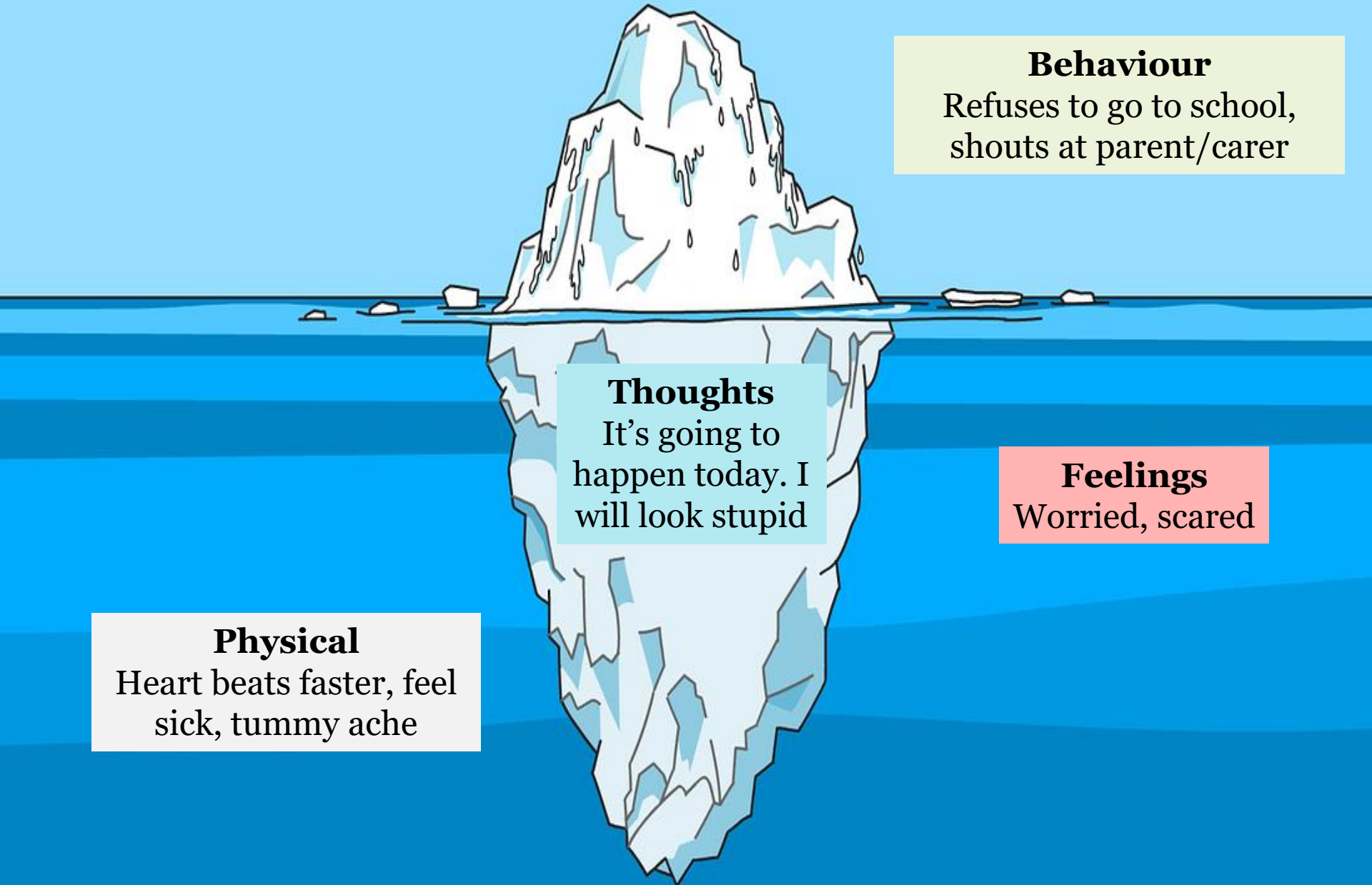
It's going to
happen today. I
will look stupid

Feelings

Worried, scared

Physical

Heart beats faster, feel
sick, tummy ache

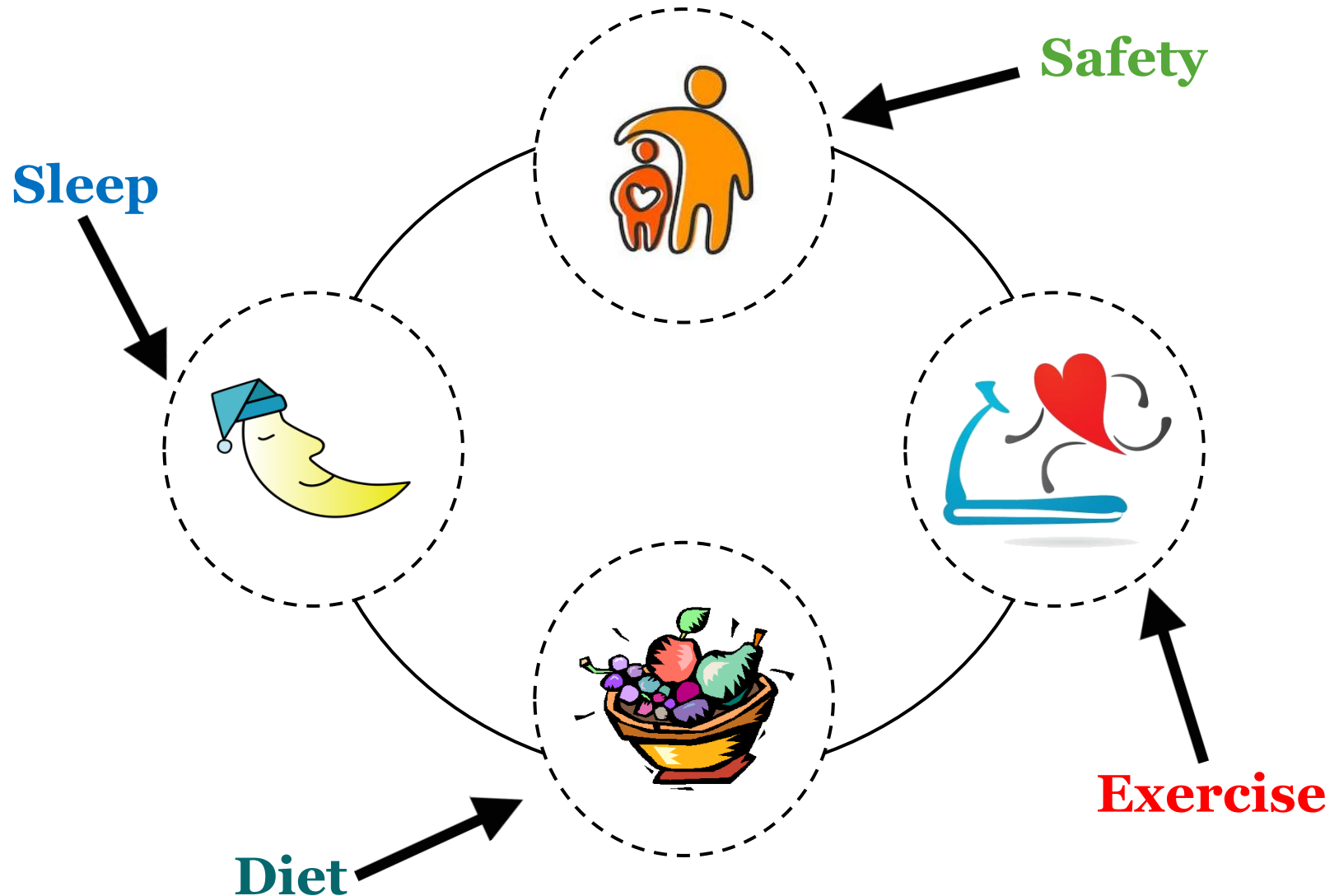


When is anxiety a problem?

- When the event is over, but the feeling remains
- When the danger was never there
- When the response to a situation is excessive
- When it persists over a long period of time
- When it interferes with day to day life



Basic elements of wellbeing



What can I do to help?

Look after yourself

What might be keeping the anxiety going?

Talk to your child and help them to notice and understand **their** signs of anxiety



Be your child's anchor

Video

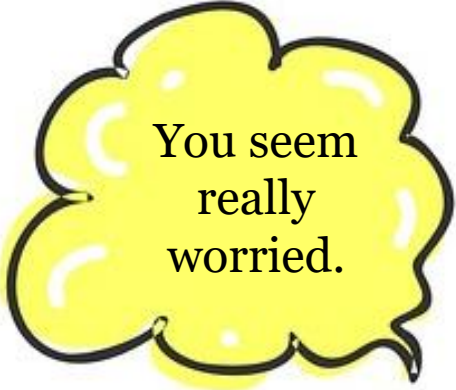


Jo

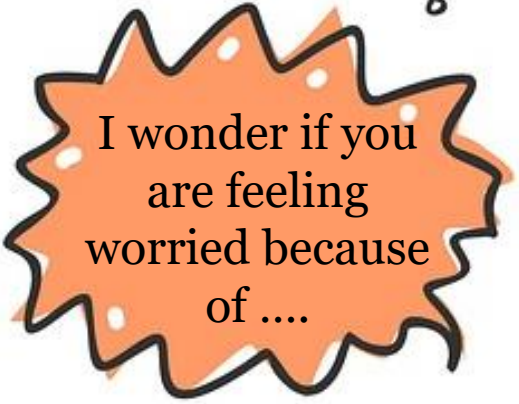
What to say...



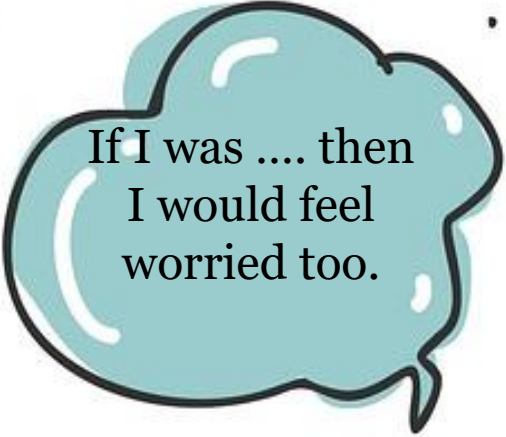
It's okay
to feel
worried.



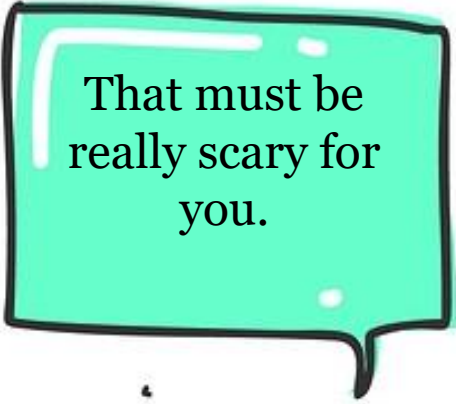
You seem
really
worried.



I wonder if you
are feeling
worried because
of



If I was then
I would feel
worried too.



That must be
really scary for
you.



Ask questions...

How to support your child with anxiety?

Develop a toolkit

Thoughts: spotting anxious thinking

Feelings: creating worry time

Physical sensations: relaxation

Behaviour: testing out fears

Seeking support



Spotting anxious thinking

The 4 W's

What are you feeling worried about?

What is frightening you?

What do you think will happen?

What is it about [the situation] that is making you worried?



Creating worry time

Worry monster / box activity



Relaxation

When you are anxious, your body tends to speed up e.g., fast heart rate

Relaxation helps to slow the body back down again

- Deep breathing
- Muscle tense and relax
- Imagery / visualisation: a cosy place, the ideal treehouse, an island of calm



Testing out fears

Design an experiment

Fear of being locked in toilet

Experiment: ask a family member to lock themselves in toilet and see if they can get out



Fear of being bitten by dog

Experiment: search online how many people in the UK own a dog and how many get bitten each year

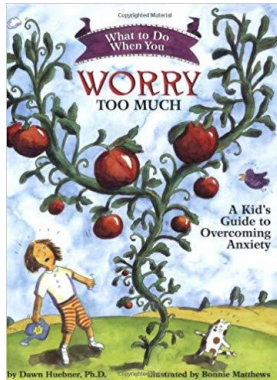
What did they learn?
Make a conclusion

Support for your child

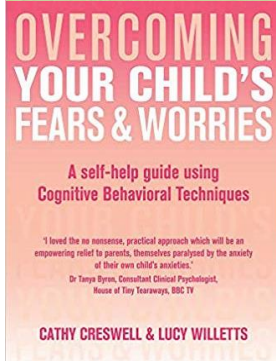


Everyone who makes contact regularly has a role in supporting your child.

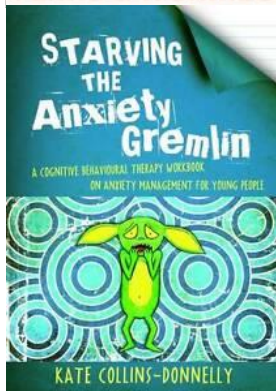
Recommended books



What to do when you worry too much
by Dawn Huebner: a kid's guide to
overcoming anxiety



Overcoming Your Child's Worries and Fears by Cathy Cresswell and Lucy Willetts:
a guide for parent using cognitive behavioural
techniques



Starving the Anxiety Gremlin by
Kate Collins Donnelly

Websites for further information and support



For further information and support around mental health, visit:



NHS: <https://www.covwarkpt.nhs.uk/>

Rise: <https://cwrise.com/for-young-people>

Mind: <https://www.mind.org.uk/>



YoungMinds: <https://youngminds.org.uk/>

Time to change: <https://www.time-to-change.org.uk/>

Mental Health Foundation: <https://www.mentalhealth.org.uk/>

MindEd: <https://mindedforfamilies.org.uk/>



What can you do if you're concerned

Talk to your child about what you are concerned about

Seek a referral to RISE via your GP, school or other professional

Complete the Dimensions Tool



Dimensions

Dimensions focuses on mental wellbeing looking at a young person's strengths and moving away from a disorder model

It is user friendly and accessible to all

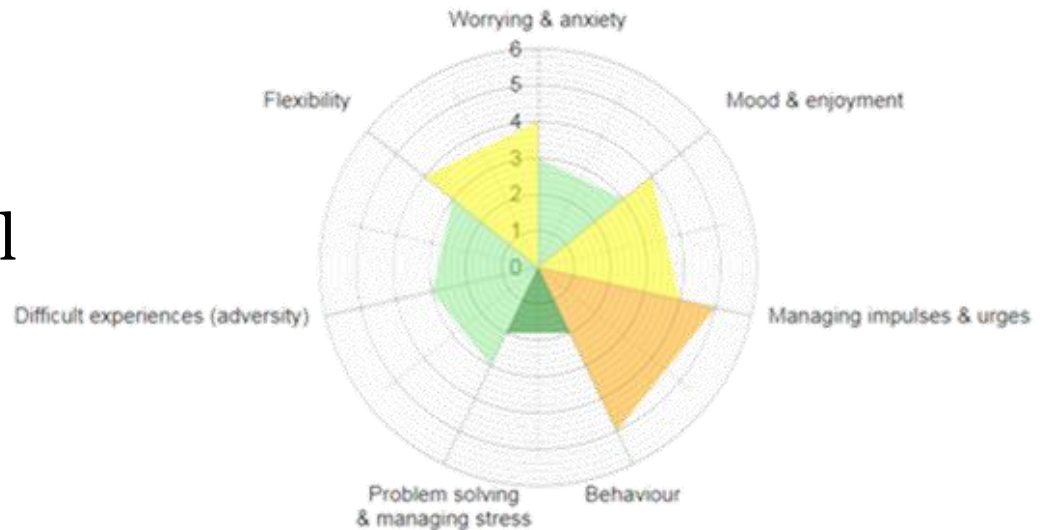
It can help professionals and parents to gain information and resources, and determine if a referral to health services is required



Dimensions

The dimensions tool will ask questions about your child to map their strengths and challenges across 4 domains of wellbeing:

- Body and health
- Feelings and self control
- Relating to people
- Thinking and learning



The report gives you relevant information for your child in fliers, or it may recommend that you discuss your problems further with a specific local wellbeing service

Primary Mental Health Service

General Advice & Guidance
Professional & Parent Consultation

**Speak to your school contact
about how to book a slot**

Any questions?

