



# Outcomes

- understanding of anxiety and the different types of anxiety a child may be experiencing
- awareness of how anxiety can be displayed differently in children
- explore strategies and resources to help reduce anxiety for children

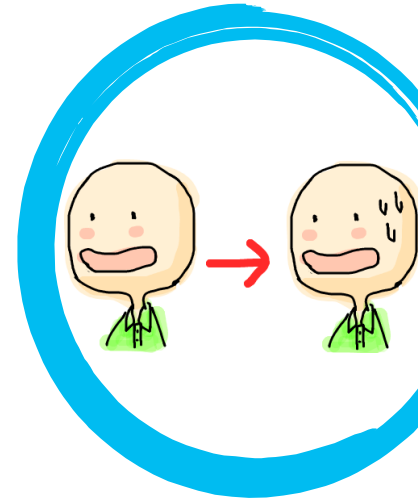


# What is anxiety?

- Anxiety is a normal, human feeling in response to threat and fear
- In stressful situations, it can set off our brain's in-built alarm bell system, which tell us something isn't right and that we need to deal with it.

Then - Lions and tigers and bears  
Now - bills, work, food, relationships, and money

- Our brain wants the difficult situation to go away, so it makes us feel;
  - ❖ more alert
  - ❖ stops us thinking about other things
  - ❖ pumps more blood to our legs to help us run away
- Most of us worry sometimes and feel anxious when we're under stress, but afterwards we usually calm down and feel better
- But when you're not in a stressful situation, and you still feel worried or panicky, that's when anxiety can become a problem.



# What is anxiety?

Anxiety is like walking down a dark and scary alley without knowing what is awaiting for you

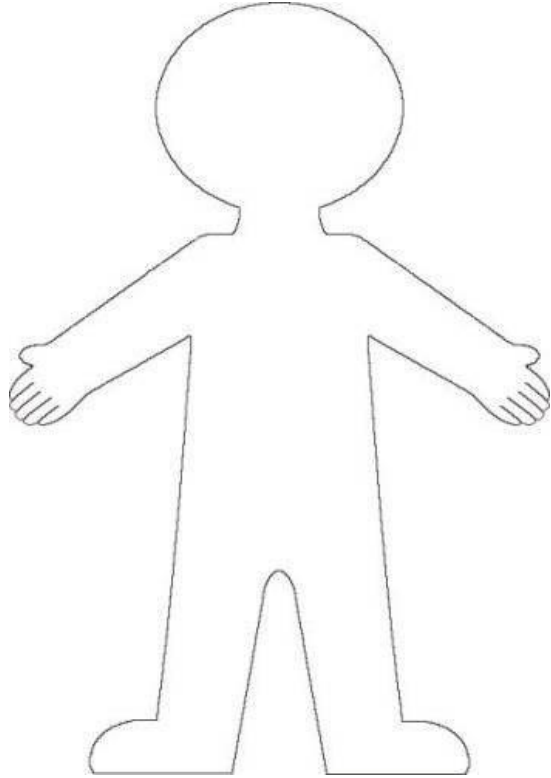
Anxiety is like swimming in the ocean with no land in sight

Anxiety is like being the only person that knows the world is ending but everyone calls you crazy

Anxiety is like trying to memorise all of the conversations within a crowded restaurant

By a listed counsellor/therapist  
29th July, 2015

# Symptoms of anxiety



Name the symptoms of anxiety that *you* have experienced – use the comments box

# Anxiety in Children

- It is normal for children to feel anxious or fearful about a variety of different things during their development
- Children are confronted with all sorts of new experiences and challenges as they grow up and learn about the world around them
- Mostly these fears are transitory and do not significantly interfere with a child's academic, social or family life
- Children may continue to fear something from early childhood (thunderstorms, for instance), if they haven't had chance to encounter what they fear in a neutral or safe way, or to learn through experience that what they fear is not particularly harmful or threatening to them.



DATA

- 7 months to 3 years



- 3 years to 8 years



- 8 years to 12 years



- 12 years to 14 years



Discuss the common anxieties of different childhood developmental stages

# Reasons for anxiety in children



1. Genetic

3. Environment

2. Anxious  
from birth

4. Medical  
Condition



# Signs of anxiety in children

Anxiety can make a child feel scared, panicky, embarrassed or ashamed.

For some children fears and anxieties become more than just a phase, having a significant impact on their schooling, friendships, and family life this can then become an anxiety disorder.

What are the signs a child is experiencing significant difficulties with anxiety? How does your child display their anxiety?



# General strategies for anxious children

1. Recognising and understanding emotions and feelings \* - avoid dismissing it as 'silly', or saying "stop worrying" – know how to ask for help
2. Relaxation exercises to foster children's wellbeing \* - Ideas on next slide
3. Limit the amount of reassurance you give when a child asks, and challenge them to come up with their own answers Encourage a problem-solving approach, asking the child what they could do to cope in a situation they fear \*
4. Healthy thinking & positive self talk \*
5. Gradual exposure to fears \*
6. Reward brave behaviour with targeted praise. For example, "You stood next to that dog outside the shop. That was very brave!"



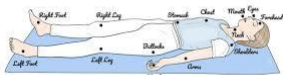
Breathe in like you're smelling flowers. Breathe out like you're blowing out birthday candles!



Breathe in like you're smelling flowers. Breathe out like you're blowing out birthday candles!



5, 4, 3, 2, 1 Grounding – Mindfulness walk  
Using your senses to help calm down and relax.  
Look for 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste



Progressive muscle relaxation

Mindfulness is about being 'in the moment' and focusing completely on what you're currently doing - using all your senses to really experience it.



Create a  
**GLITTER JAR**

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.

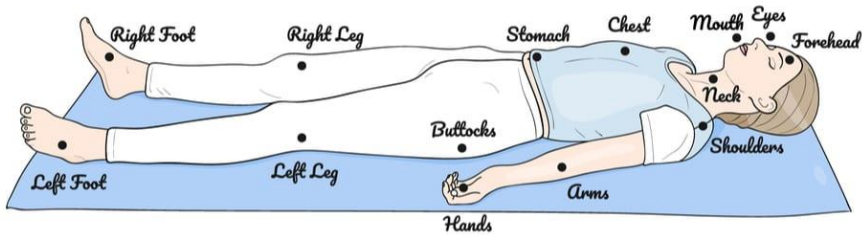


Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

<https://www.bbc.co.uk/cbeebies/radio>



# Activity

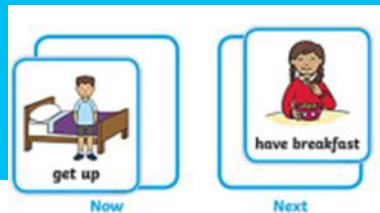


*Progressive Muscle Relaxation*

Progressive  
Muscle  
Relaxation

# General strategies continued...

7. Avoid excessive reassurance-giving or checking if the child is okay, as this can bring the child's attention to their anxiety – use descriptive reassurance. For example *"I can see you're worried about making a mistake, but there's no need to because all I want is for you to try your very best."*
8. Provide opportunities for developing independence; for example, get them to make own lunch
9. Model mistake making and reinforce mistakes are ok and how they can be managed
10. Modelling calm responses – talk about your own worries and how you manage them
11. Give specific instructions to help reduce the reassurance the anxious child may seek
12. Minimise options - now and next board



# General strategies for older children

In addition to the ones already discussed some ideas might be:

- **Positive self talk**

It is not going to  
be as bad as I  
think

It won't last long  
and I can cope

Just breathe  
deeply

I know I am going to  
be ok



K

# General strategies for older children

- Positive affirmation/ positive thoughts

I am responsible  
and in control of  
my life

I am improving  
one step at a time

- Exercise
- Journals/diaries
- Aromatherapy
- Coping skills list
- Muscle relaxation

Learning to be **G.L.A.D.**

**G:** Something you were grateful for today.

**L:** Something you learned today.

**A:** One small accomplishment you did today.

**D:** Something that brought you delight today.



K

# General strategies continued...

14. Extra patience – frequent check ins for understanding, breaking down tasks
15. Use of books or films to support distressing events such as a bereavement or separation, these can help them understand their feelings. Use of social story to prepare your child for change such as a house move or change of school - <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>
16. Clear routine, rules and boundaries
17. Consistency is key – sharing successful strategies with adults at school



K



# Why does my bucket need holes?

Can't find my  
book bag

Forgot homework  
Team lost the game in PE  
Teacher was not in this  
afternoon  
Broken pencil  
Moving house

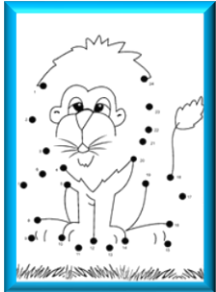
How can such a  
small thing cause a  
huge meltdown?

Anxiety  
overflow



# After School Activities

School can leave some children feeling stressed and anxious. Often they may be able to contain their emotions in school but show anxiety driven behaviours once school has ended. It is important to allow children time to 'empty their bucket' and unwind.



CHORE CHART							
CHORE LIST	monday	tuesday	wednesday	thursday	friday	saturday	sunday
make your bed							
feed the dog							
clean up your toys							
bring dishes to sink							
TOTALS:							

# Identifying

If your child's anxiety fits with the description below, speak with your GP

- ✓ Significant interference in day-to-day life
- ✓ Age-inappropriate
- ✓ Significant distress
- ✓ Length of time

Early intervention and treatment provides the best outcomes for children

# Help and Support

## **Inclusion and Intervention team**

Duty Desk – 01908 657825

Mon-Fri 8.30am-16.30

MK SEND Local offer Facebook Page

MK SEND Local offer

## **School Nurse Team**

*Range of services that promote the good health and wellbeing of school-aged children and young people*

**Single Point of Access** - 01908 725100 - Mon-Fri 9.30am-16.30

**CNWL – Milton Keynes 0-19 Team** - [www.mkchildrenshealth.cnwl.nhs.uk](http://www.mkchildrenshealth.cnwl.nhs.uk)

**ChatHealth: 07480 635517** – anonymous text messaging service for

11-19 year olds Monday – Friday 09.00-16.30

# Further Help and Support

Research shows that children who experience problematic anxiety can be successfully taught how to cope better with it . The most effective treatment is Cognitive Behaviour Therapy (CBT).

CBT involves:

- Learning about anxiety and what causes it
- Learning relaxation skills
- Realistic thinking
- Problem solving
- Gradually facing the fear/anxiety (graded exposure)
- Child anxiety management strategies
- Social skills training programs or assertiveness skills training

***Parents can access CBT through their GP.***

## Advice and Further help for the parents and children or young people

- GP
- Child and Adolescent Mental Health Services (CAHMS)
- Youth counselling services

## Young Minds

- Parents and carers can get help and advice around children's mental health from Young Minds' free parent helpline on 0808 802 5544 (Monday to Friday, 9.30am-4pm).

## Anxiety UK

- Anxiety UK offers support and information for anyone experiencing difficulty with any type of anxiety disorder. Telephone: 08444 775 774

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## CAMHS

- <https://camhs.cnwl.nhs.uk/find-services/clinics/milton-keynes-child-adolescent-mental-health-services-camhs/>

## Advice and Further help for the parents and child or young person continued...

### ChildLine

- [www.childline.org.uk](http://www.childline.org.uk) Under 19's can confidentially call, email, or chat online about any problem big or small. Freephone 24h helpline: 0800 1111. Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address. Chat 1:1 with an online advisor

### The Mix

- [www.themix.org.uk](http://www.themix.org.uk) Under 25's can talk to The Mix for free on the phone, by email or on their webchat. Access to a phone counselling service, or get more information on support services needed. Freephone: 0808 808 4994 (13:00-23:00 daily)

### Kooth

- Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. <https://www.kooth.com/index.html>

## Advice and Further help for the parents and child or young person continued...

### Worry Tree

- [www.worry-tree.com](http://www.worry-tree.com)  
Uses cognitive behavioural therapy (CBT) techniques to help user notice and challenge their worries.

### YiS Young People's Health

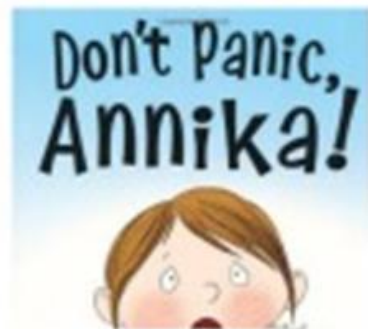
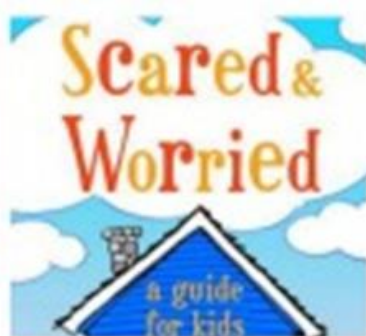
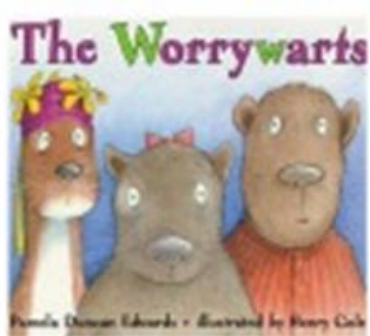
- [www.mkymhs.org.uk](http://www.mkymhs.org.uk) - YiS Young People's Mental Health provides counselling, and online messenger support to help answer questions, share helpful wellbeing tips and share details of other services who can respond to a young person. Also offering wellbeing online sessions.

### COVID:19

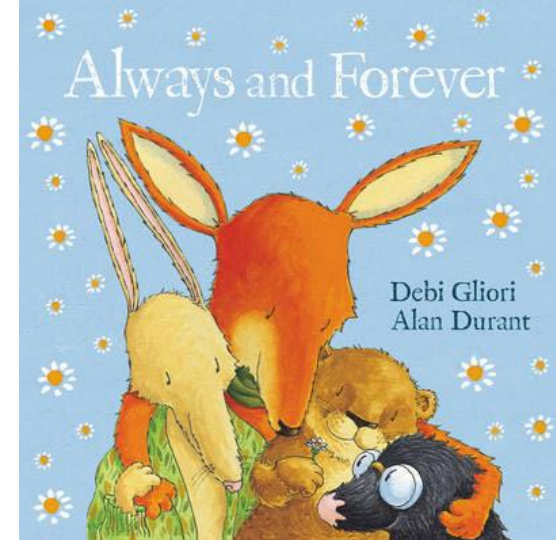
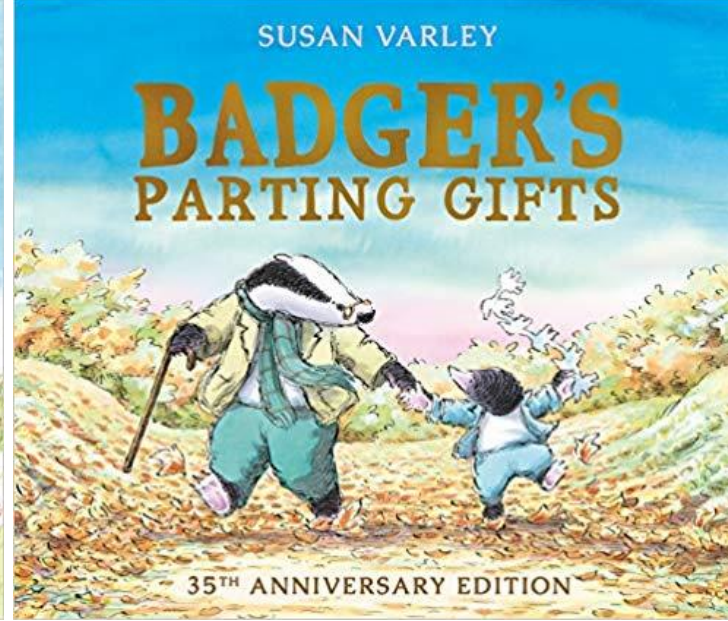
[www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1) - directly related to Covid-19 but also general mood/download app

[www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing](http://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing) - Covid-19 guidance on supporting children and young peoples mental health and wellbeing



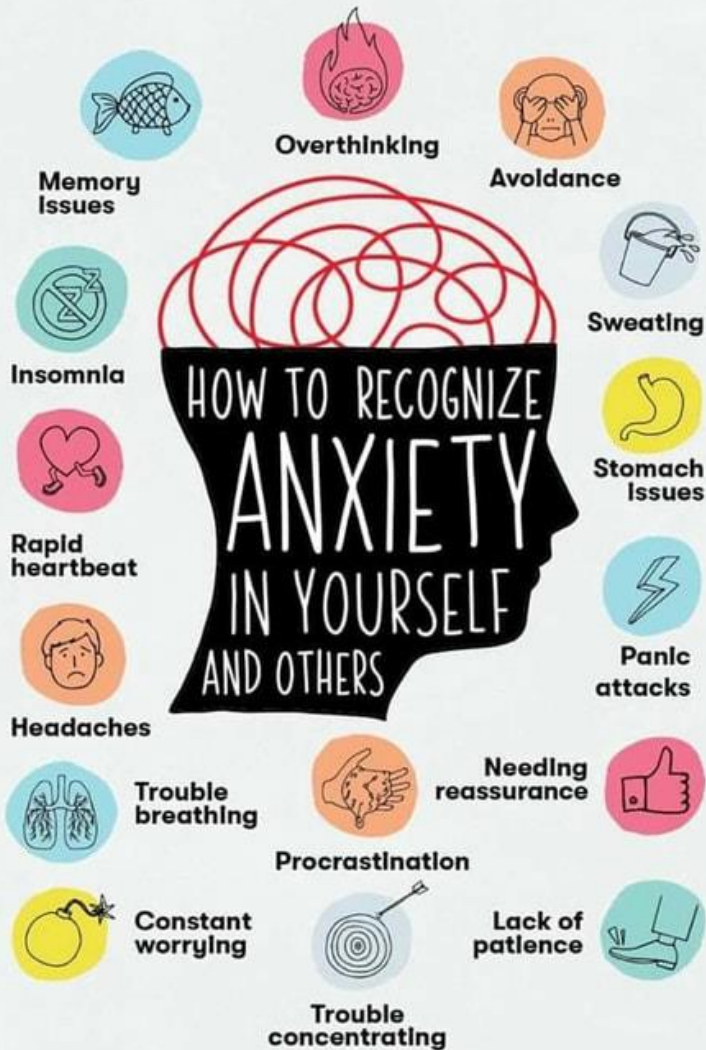






<https://www.childbereavementuk.org/>

<https://www.harrysrainbow.co.uk/>



[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

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

[www.mind.org.uk](http://www.mind.org.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.mentallyhealthyschools.org](http://www.mentallyhealthyschools.org)

[www.NICE.org.uk](http://www.NICE.org.uk)

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer>

DUTY DESK 01908 657825

People with no experience of anxiety can say things like...



But finding the courage isn't that easy to do.

**THINGS PEOPLE WITH ANXIETY DON'T NEED TO HEAR**

# Post Assessment

**Thank you**

