



TATF
THEY ARE THE FUTURE

6 TIPS FOR SUPPORTING YOUR ANXIOUS CHILD

BY DR LUCY RUSSELL
CLINICAL PSYCHOLOGIST

1

UPSKILL YOURSELF

Knowledge is power! Understand why your body reacts in certain ways. For instance you are less likely to have a panic attack if you understand why your heart rate has increased and your breathing become shallow. Read more [here](#).

3

SUPPORT YOURSELF TO MANAGE YOUR EMOTIONS, THEN HELP YOUR CHILD DO THE SAME

Master techniques to calm your own nervous system, and then you will be able to teach your child with the confidence that they really work! These can include mindfulness, slow breathing, 4-7-8 breathing, progressive muscular relaxation, flow activities such as singing, or even things as simple as improving your posture. Read about it [here](#).

5

HELP YOUR CHILD BUILD RESILIENCE

When your child stops doing things through anxiety, their comfort zone becomes small, affecting their confidence, and making it harder for them to try new things. It is crucial that you help them to build resilience, so that they can widen their comfort zone, and gain confidence in new situations. [Read this](#).

BE CAREFUL ABOUT SHARING STRESS AND ANXIETY IN FRONT OF THE CHILDREN

More than anything, children need to feel safe. If you are worried or stressed about something, limit discussions to when your child is not at home. Also, change your body language to provide reassuring cues (as well as helping you to feel less stressed). For example, relax your shoulders, and uncrease your forehead.

INCREASE NURTURE AND PROVIDE REASSURANCE

Children may show regression during periods when they feel worried or vulnerable. This is normal and will pass once they feel safe again. Increase special time with your child, especially activities that encourage sharing feelings, like chatting or doing art together.

RE-IMAGINE YOUR CHILD'S DAILY ROUTINE AND HABITS

Food, nurture, exercise and [sleep](#) all need to be in balance for optimum emotional wellbeing. Creating a colour-coded visual planner such as a weekly chart, including meal-times, exercise and nurturing activities will help your child with this.

2

4

6

HABIT TRACKER

Managing anxiety well as a family should be seen as an ongoing project. Each week, try to focus some time on the six tips. Tick which ones you manage to work on, at the end of each day.

WEEK OF: _____

WHAT I HAVE WORKED ON TODAY:

BUILDING MY KNOWLEDGE ABOUT ANXIETY

PAYING ATTENTION TO MY BODY LANGUAGE AND WHAT I SAY IN FRONT OF THE CHILDREN

PRACTISING TECHNIQUES TO CALM MY NERVOUS SYSTEM

INCREASING NURTURE AND SPECIAL TIME TOGETHER

HELPING MY CHILD BUILD RESILIENCE

BUILDING A HEALTHY DAILY ROUTINE AND HABITS

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

NOTES

