

SUPPORT IN SCHOOL

We are able to offer interventions within school that support the Social, Emotional and Mental Health needs of our children.

This is a Tier One service which is available to all children and their families.

This leaflet is designed as a stepping stone for you to use at home before seeking support from within our school.

It gives simple and practical suggestions on how to approach your child if you think they need emotional support due to heightened anxiety or worries.

Please come in and have a chat to us if you require further information.

Tillington Manor Primary School

CONTACT US

Young Avenue
Stafford
ST16 1PW
Tel: 01785 337500

HELP FOR PARENTS

SUPPORTING THE EMOTIONAL NEEDS OF YOUR CHILD

How to regulate your child's emotional well-being...

YOU ARE SAFE!

When a child is feeling anxious, remind them that they are safe and protected.

BLOWING UP A BALLOON.

Pretend to blow up a balloon. "We will take a deep breath and blow up the balloon to the count of 5." (Make it a game to distract their thoughts. Taking three deep breaths and releasing them out will reverse the stress response in the body)

WHY DO YOU THINK THAT IS?

Ask questions that encourage your child to rationalise their anxiety and acknowledge their feelings.

WHAT COMES NEXT?

If your child is feeling anxious about an upcoming event, talk to them about what happens after. Anxiety can cause near-sightedness and make it seem like there is nothing past the cause of their anxiety...

NO ONE CAN STOP US

Separation is a huge anxiety trigger for children. Assure them that you will be together even when they can't see you.

HAVE A BATTLE CRY.

Yelling can release endorphins and help overcome the initial fear and get your children moving, plus, yelling something silly is fun!

LET'S PUT YOUR WORRY ASIDE FOR NOW WHILE WE_____. THEN WE CAN COME BACK TO IT.

Do something they enjoy to help put their worry into perspective.

LET'S GET COMFORTABLE UNTIL THE FEELING HAS PASSED.

Change the environment. Look for distractions.

LET'S COUNT THE_____

Ask your child to count the number of blue objects, number of people etc...This requires observation and thought which can lessen the feeling of anxiety.

I KNOW IT'S HARD...

Validation let's your child know that you respect them and their worries.

THIS FEELING WILL PASS.

Remind them that the feeling is temporary.

REMEMBER WHEN_____

Remind your child of a time they overcame their anxiety and how they did it.

WHAT'S THE FIRST THING WE NEED TO DEAL WITH?

Break their worries down into a list. Deal with one thing at a time.

I FEEL_____SOMETIMES TOO!

Empathy can go a long way. Don't be afraid to open up to your own fears but ensure you back it up with a resolve.

CLOSE YOUR EYES AND PICTURE...

Guide your child through images of a safe, warm happy place.