

Anxiety in Children



Who are We?



We are a Oxleas CAMHS team that deliver **psychoeducation assemblies** and **workshops** (like this one) to promote positive mental health and resilience.

Workshop reminders

- Safe space.
- Show respect and empathy.
- Share where you feel comfortable.

Note: *We will be discussing sensitive issues that may invoke a strong feeling, please take care of yourself and take a breather if you need to.*

Workshop Aims

- To understand the factors that lead to the development of anxiety in children
- To be aware of some strategies which can be used to support an anxious child and build confidence
- To share any experiences you might have of anxiety in your children

Overview of Anxiety



https://youtu.be/FfSbWc3O_5M

What is Anxiety?

Anxiety is a normal emotion, and at times, can be useful. It has three characteristics ...

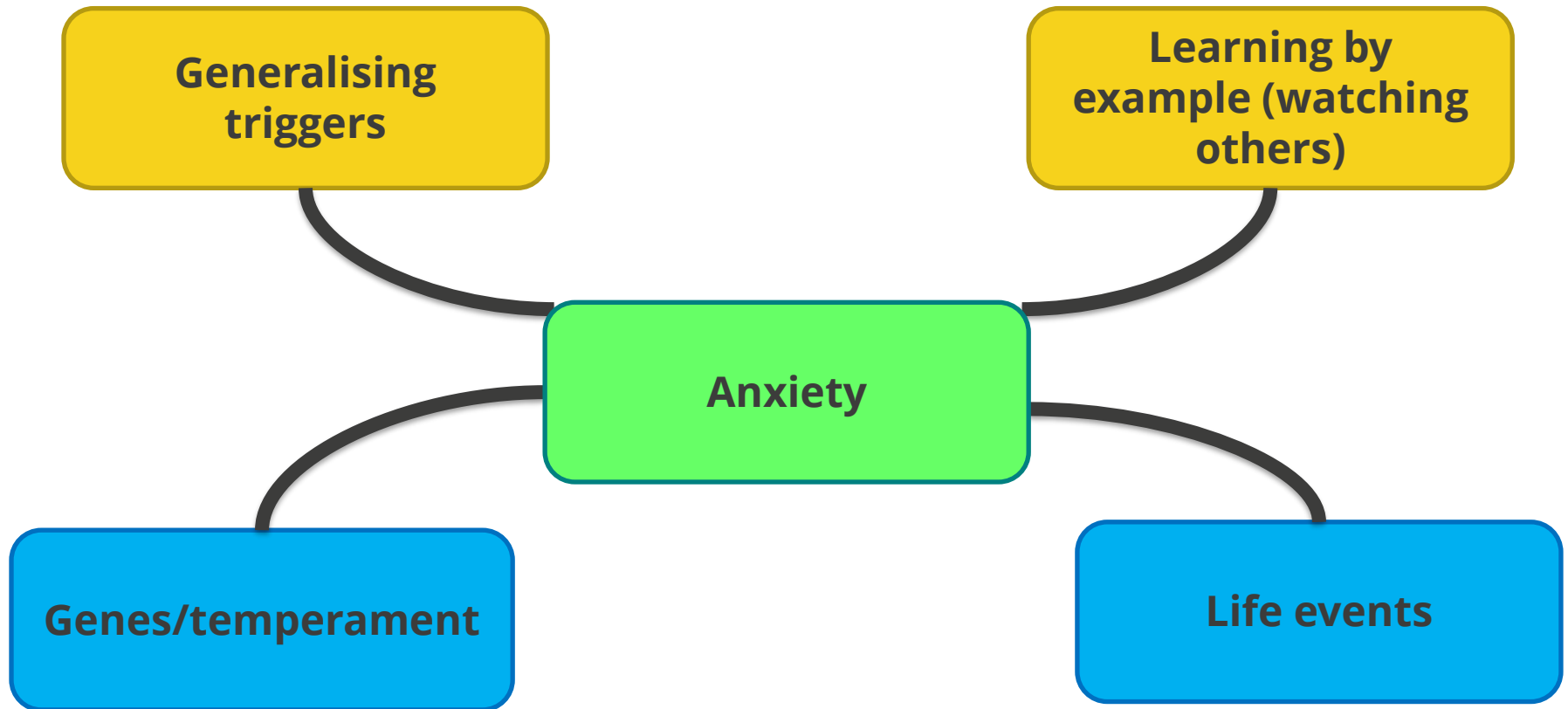
- **Physical sensations in the body**
- **Anxious thoughts**
- **Anxious behaviour**

How do you know when your child is anxious?

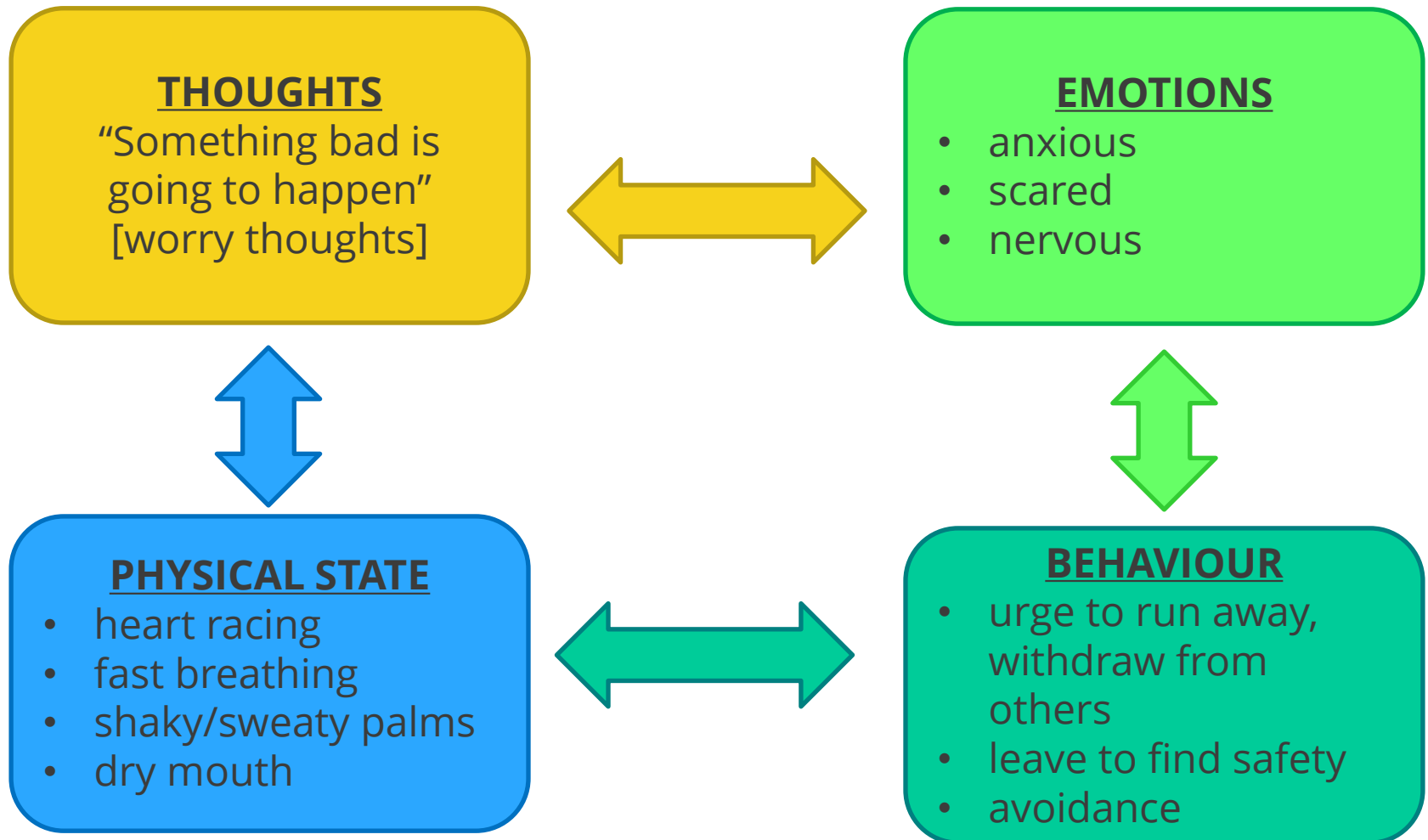
- Change in behaviour.
- Uncomfortable bodily sensations.
- Worrying.



How do fears and worries develop?



CBT Hot Cross Bun Model



How Do I Know if My Child Needs Help for Anxiety?

Expected response vs unexpected response.

Is the anxiety stopping them from doing what they want to/should be doing?

- **SOCIAL LIFE**
- **ACADEMICALLY**
- **MOOD**

Learning by example

- Demonstrating anxious behaviour
- Reacting to the child in an anxious way
- Becoming very involved and overprotective
- Giving too much reassurance
- Discouraging them from trying things

Understanding Anxiety in Children *and* Parents

It is in our nature to protect our children!
This has advantages and disadvantages ...



<https://youtu.be/Kd43CoSmy88>

Helping Strategies: Containment

- Validating and normalising.
- Staying calm and talking calmly.
- Asking curious questions.
- Being in tune with the situations.
- Monitoring your own response.
- Providing a safe space.

Helping Strategies: Challenging Thoughts

- Recognise their anxious expectations.
- What do they need to learn to help them overcome their anxiety?
- Can you help them develop a plan to do this?

Good questions to ask:

- Why are you feeling worried?
- What do you think will happen if you ... ?
- What is the worst thing that might happen?
- What is it about this situation that is making you feel worried/frightened?


Getting the Best Results

- Asking questions – being curious
- Empathising
- Normalising
- Make suggestions
- Check understanding
- Labelling emotions
- Pick your moment
- Make it fun or rewarding

Problem Solve with Your Child

Problem-solve situations that really might be difficult –
how will they cope?

Who else can help them out?

Solution	Pros 	Cons 	Is this plan doable?	Rate how good the plan is

Promote and Build Independence

- Be confident in your child
- Model appropriate reactions
- Promote a “can-do” attitude
- Encourage independence
- Be patient
- Step-by-step approach
- Reward success

Promote and Build Independence

Encourage them to do some new things by themselves.

Usual Age	Skill
6+	choosing own clothes, dressing self, tying shoes
7+	taking a bath independently, brushing teeth or combing hair without help
8+	putting dirty clothes in washing basket
9+	making breakfast or packed lunch, packing bag for school
10+	choosing own hairstyle/haircut
11+	getting up in the morning without a reminder (using an alarm), being responsible for own bedroom (e.g., decorations and tidiness)
12+	arrange own transport e.g., bus or bike

Helping Your Child to Relax

My 5 steps to a calmer me



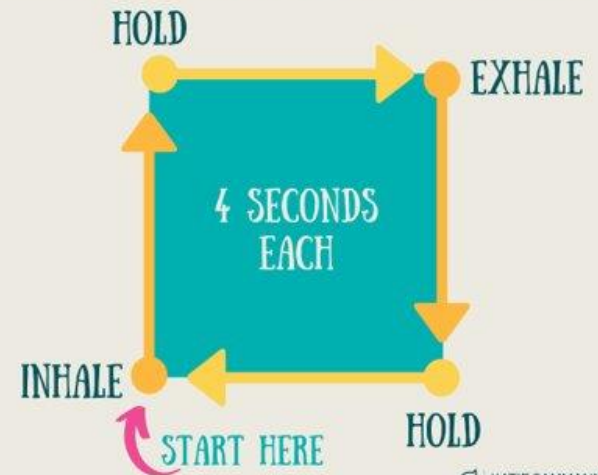
- 5 things I can see. 
- 4 things I can touch. 
- 3 things I can hear. 
- 2 things I can smell. 
- 1 thing I can taste. 



Stress Management Through Progressive Muscle Relaxation



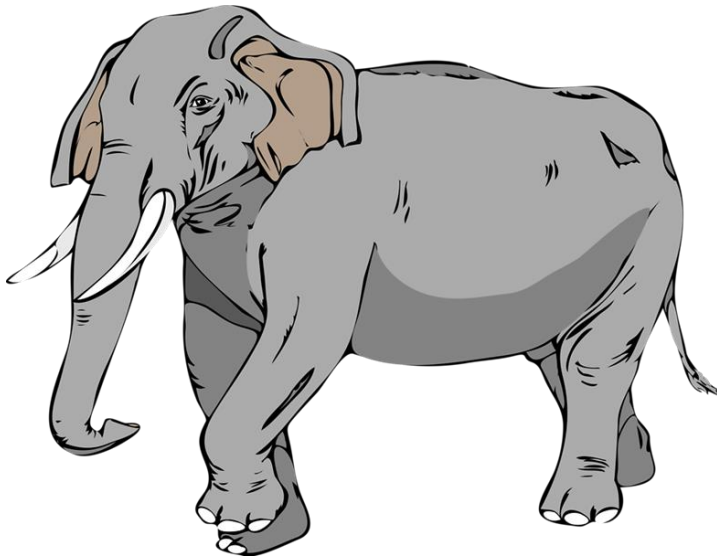
BOX BREATHING



Helping Your Child to Relax

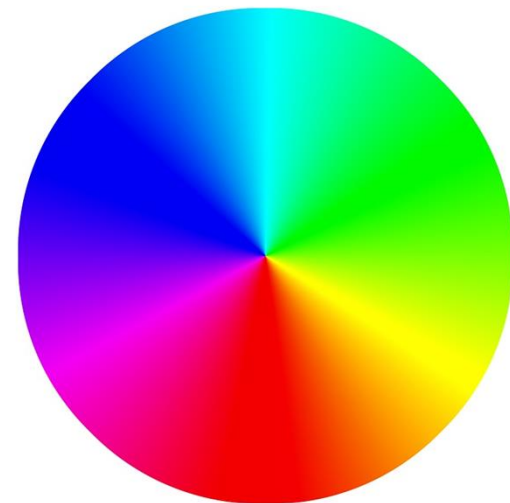
Category Game

Choose a category e.g., animals or brands. Name one for each letter of the alphabet:



Colour Game

Pick a colour and find everything in the room that is that colour. Do this for as many colours as it takes to distract you from your thoughts



Lumi Nova



<https://youtu.be/mmgrU4zXU3M>

Accessing Lumi Nova



Scan me!

Looking After Yourself



Wheel of Well-being

How to Get Help



We provide one-to-one interventions for the following:

- Challenging behaviour (4 - 8)
- Child anxiety (5+)

Please email oxl-tr.gmhst@nhs.net or contact Ms. Waite if you are interested in knowing more.

Additional Resources



Additional Resources

Websites & Phone Lines

- Oxleas: 0208 854 8888. Free telephone line. Available 5pm – 10pm on Monday to Friday; available all day on weekends.
- Childline: 0800 1111. Free confidential telephone support service for children and young people.
- Samaritans: 0845 790 9090; (www.samaritans.org.uk)
- Young Minds: 0808 802 5544. Free hotline for parents. Available 9:30am – 4pm on Monday to Friday.
- Papyrus: 0800 068 4141 (call) or 07860 039967 (text)

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