

## ANXIETY AND CHILDREN

In this time where there is so much uncertainty, our children may be feeling more heightened level of anxiety.



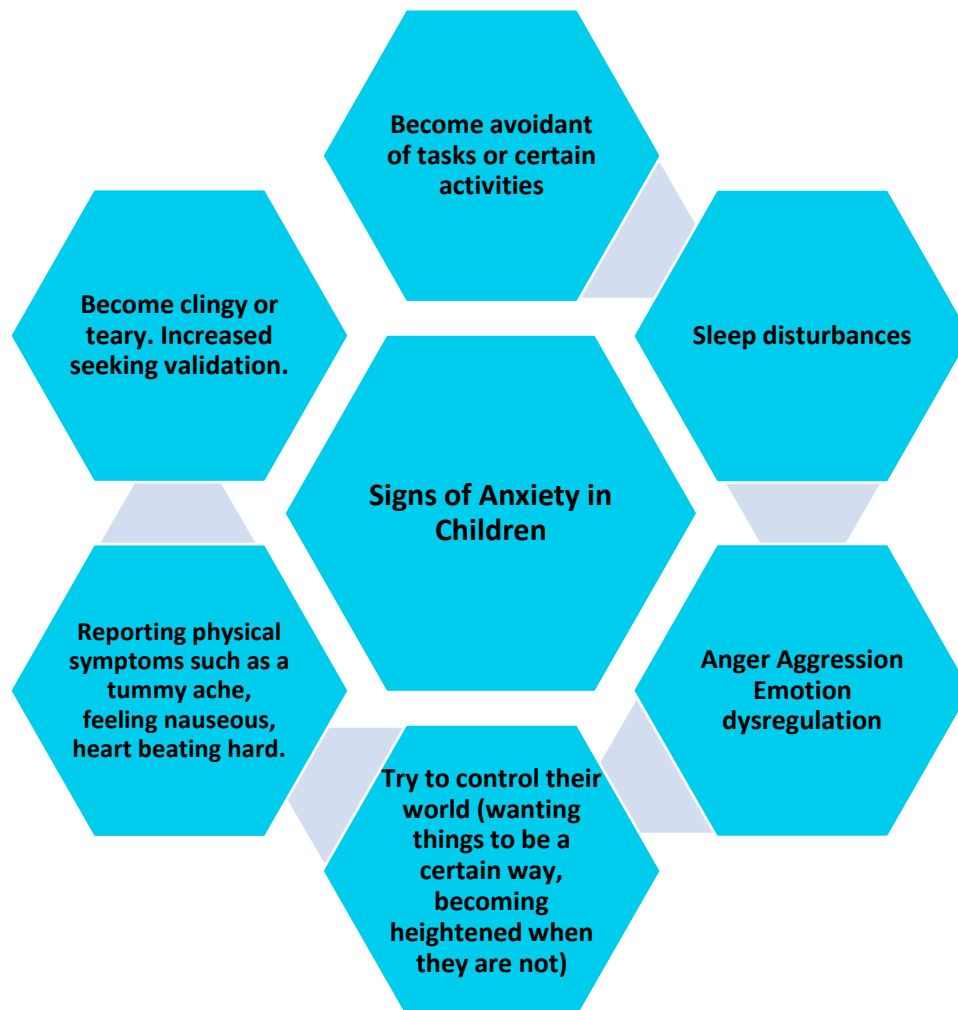
As parents, we are also likely experiencing heightened anxiety.

There are some important tips we can use to help each other navigate through this time.



## **RECOGNISE WHEN OUR CHILDREN MAY BE ANXIOUS**

Children can present with anxiety differently to adults. Your child may:



## FOR ADULTS

Look after yourself

You don't have to be 'perfect' or have all the answers

Seek support if/when you need it

## FOR CHILDREN



Model positive behaviour practices keeping yourself calm and ensuring that you have fun time while in isolation.

Teach and support children to engage in calming activities

Grounding with the senses:

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

Deep breathing:

<https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>

You Tube videos:

[https://www.youtube.com/watch?v=nqQN4ugzi\\_g](https://www.youtube.com/watch?v=nqQN4ugzi_g) ,

# BE HONEST

Be honest with children, but control the access to media.

Be selective about where you get your information from (there is a lot of misinformation and opinion easily available online that can heighten anxiety unnecessarily).

Limit the time spent on media (e.g. 10 minutes twice a day only).

Be prepared to answer their questions.

Think about the kind of information you want them to know. Social stories about coronavirus may be helpful:

<https://paediatricsonline.files.wordpress.com/2020/03/coronaviruscovid19socialstory.pdf>

<https://paediatricsonline.files.wordpress.com/2020/03/coronaviruscovid19socialnarrativeforautismfree-1.pdf>



Help them to make sense of their feelings.

The Owl and the Guard Dog:

<https://www.youtube.com/watch?v=so8QN9an3t8>

Hey Warrior (a book about anxiety):

<https://www.heysigmund.com/product/hey-warrior/>

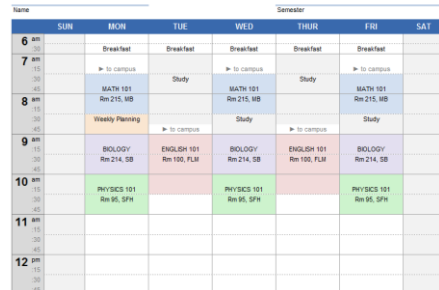
Provide some routine or predictability in their day.

Perhaps develop a schedule for your day.

Think about what there is normally like at school and try to implement something similar at home.

You may be able to connect your children with their friends using digital technology.

Class Schedule



Name	SUN	MON	TUE	WED	THUR	FRI	SAT
6 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
7 am		→ to campus		→ to campus		→ to campus	
8 am		MATHS 101 Rm 215, MB	Study	MATHS 101 Rm 215, MB	Study	MATHS 101 Rm 215, MB	
9 am		Weekly Planning		Study		Study	
10 am		BIOLOGY Rm 214, SB	ENGLISH 101 Rm 100, FLM	BIOLOGY Rm 214, SB	ENGLISH 101 Rm 100, FLM	BIOLOGY Rm 214, SB	
11 am		PHYSICS 101 Rm 85, SPH		PHYSICS 101 Rm 85, SPH		PHYSICS 101 Rm 85, SPH	
12 pm							



Don't forget the importance of exercise:

<https://raisingchildren.net.au/school-age/nutrition-fitness>

Don't forget the importance of sleep and good sleep hygiene:

<https://raisingchildren.net.au/school-age/sleep>



Creativity!

Engage that right hand brain! Pinterest is a wealthy resource of ideas to get the creative juices flowing.

Mindful colouring:

[https://www.youtube.com/watch?v=vxCTS\\_bdxRs](https://www.youtube.com/watch?v=vxCTS_bdxRs)

# FAMILY TIME

Recognise the positive aspects of what is happening:

- Reconnecting as a family
- Life slowing down
- Recalibrating lifestyles to be more present with one another

## How to Respond to Aggressive Behaviour

Limit setting may help your child with managing behaviours of concern. Following the ACT model:

A = Acknowledge the feelings/wishes/wants

- *I can see you are angry and want to punch your sister*

C = Communicate the limit

- *Your sister is not for punching*

T = Target an acceptable alternative / desired behaviour

- *You can punch this cushion instead*

Provide three opportunities for this alternative to be used. Where the behaviour of concern persists:

***“You are feeling angry. Your sister is not for punching. If you choose to punch again then you choose for this activity to end.”***



## ADDITIONAL RESOURCES

Mental Health Commission

<https://www.mhc.wa.gov.au/getting-help/helplines/mental-health-response-line/>

Mental Health Emergency Response Line

Metro – 1300 555 788

Peel – 1800 676 822

Paediatrics Online

<https://paediatrics.online/covid-19/>

Parenting Help

<https://raisingchildren.net.au/>

Beyond Blue

<https://www.beyondblue.org.au/>

Kids Helpline

<https://kidshelpline.com.au/>

Phone: 1800 55 1800

Lifeline

<https://www.lifeline.org.au/>

Phone: 13 11 14

Centre for Clinical Intervention

<https://www.cci.health.wa.gov.au/>

The HUB Website

<http://www.thehubwa.com.au/>

The HUB Facebook

**If you would like some help with any issues mentioned above or you need support for you or your child, please contact The Hub:  
Integrated Child Development Solutions 9557 5942**