



Newsletter

The Contented Child

Welcome to our second newsletter, the topic for this week is ANXIETY. In the current pandemic you may have seen anxiety on the rise in our young people. Your child may have been worried by what they have seen in the news or social media. Your child may have regressed and be clingy, easily emotionally dysregulated or tearful, reluctant to leave the perceived safety of the home environment or showing defiance. Next week we shall be covering EMOTIONAL REGULATION.

Warning Signs in Children and Teens

- The desire to control people and events
- Difficulty getting to sleep
- “What if?” questions
- Feeling agitated or angry
- Defiance and challenging behaviours
- Struggling to pay attention or focus
- Having unrealistic expectations for self
- Avoiding activities or events (school, parties)
- Crying, emotional dysregulation
- Over planning for situations or events
- Intolerance of uncertainty
- School refusal or excessive absence

and RELAX...

- DROP YOUR SHOULDERS** as far from your ears as you can
- UNCLENCH** your jaw
- DROP** your tongue from the roof of your mouth

USEFUL WEBINAR Anxiety, Helping Children to Cope with Niki Green
—available on demand, 7 days unlimited access, extensive resource download. £10 with coupon code NEWS-ANX-10, available until 11 July 2020. For more details, visit www.thecontentedchild.co.uk/webinars/.

TOP TIPS

- Explain to young people what worry and anxiety are. Check and develop an understanding of emotions in younger children.
- Build both yours and the young person’s awareness of their ‘triggers’.
- Encourage them to talk about their worries, to reflect and develop problem solving skills. Use How Big Is My Worry?
- Educate them as to how anxiety feels in their bodies so they can recognise the signs of rising anxiety and use coping/calming strategies at the optimum time to enable them to return to calm.
- Support them to continue to develop healthy habits (based on 5 Ways to Wellbeing, featured in our last newsletter) and calming/coping strategies.
- Set aside uninterrupted time for talking through young people’s worries with them and remember that the worries are real for them, it is their perception. Dismissing the worries will not ease them in the child.

Books for Anxiety

- Hey Warrior—Hey Sigmund Ruby’s Worry—Tom Percival The Huge Bag of Worries—Virginia Ironside
- Additional Resources—Worry Monsters/Eaters, fidget tools. RECOMMENDED APPS 3 Good Things—Calm—Smiling Mind

For more information on the services that The Contented Child offer, including webinars on a wide range of topics, for parents and educators visit www.thecontentedchild.co.uk

How Big Is My Worry?

5	EMERGENCY Fire, danger to yourself or others. You may need an ambulance or fire engine.
4	GIGANTIC PROBLEM Fighting, someone is hurt. You will need an adult to help you.
3	BIG PROBLEM Small accident (you may have fallen down), you may be bleeding, not feeling well. You will need an adult to help you.
2	MEDIUM PROBLEM Someone is bothering you, feeling tired or unwell, you need something. You could try to sort this out yourself or ask for help.
1	LITTLE PROBLEM Can’t understand your work, lost something, falling out with your friend. You can try to sort this out yourself with a little reminder.
0	GLITCH Losing in a game, not being picked, you have forgotten something. You can fix this yourself!

Support young people to develop problem solving skills using How Big Is My Worry? - for a PDF, email admin@thecontentedchild.co.uk.