



Emotional literacy helps us to express our feelings and thoughts and understand why we may feel a particular way.

Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

Here you will be able to access useful information, guides, websites & apps. Each newsletter will focus on a specific area around your child's social and emotional needs

Emotional
Literacy
Support

Working
together to
support
you & your
child

Welcome to
your 3rd
edition of ELSA
ParentMail

CHILDREN & YOUNG PEOPLE WITH ANXIETY

Anxiety has been found to be one of the most common causes of distress in young children. Anxiety can present in different ways from person to person. Anxiety is a normal emotion, however when a person is suffering from an anxiety disorder the feeling can be more intense & long lasting.



Signs of a panic attack

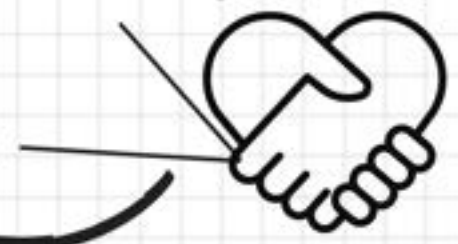
Feeling that you may pass out
Pains in your chest or heart

Feeling Clammy & pale,
crying & shaking

How can I help?

Stay calm. Keep positive. Gently move location if needed

Suggest grounding techniques of simple breathing (box) in for 4 out for 4



Validate feelings & remind the young person that they are safe

Vocalise that this is a panic attack & that this will pass

ANXIETIES OR DISORDERS WHICH MAY AFFECT YOUNG PEOPLE

2 SCHOOL PHOBIA

In extreme cases where a young person views the school as the source of anxiety, bad feeling or despair, the avoidance of their education may result in greater anxiety, social exclusion & lower their self esteem

3 SEPARATION ANXIETY

A young person may exhibit challenging behaviours when they are away from their parents, guardian or their home. This can also affect sleep & may include the invention of illness as avoidance

4 OCD

Repetitive and intrusive thoughts can control actions & induce unreasonable fears & compulsions

1 EXAM STRESS

It is normal to experience some pressure around exams but some young people may compare themselves to their peers or feel like their minds will go blank when under exam pressure. A need to perform to a high standard can result in anxiety & stress



5 SOCIAL PHOBIA

A young person may avoid certain social situations due to low self esteem & anxiety. They may worry about eating in front of peers, or speaking publicly. Certain social situations may cause them to feel judged & worry about others opinions.

6 FEAR OF FOOD

Some young people may only eat a narrow range of foods & may show extreme anxiety if they are expected to try new foods. This reluctance to try new foods can turn into a phobia and may result in the young person vomiting or gagging.

What can I *do* to help?

POSITIVE PARENTING TIPS

We can all feel anxious at various stages in our lives. Your child may just be experiencing anxieties common in young people. In these instances they will not have a diagnosed anxiety disorder but will benefit from your support and understanding.

Children thrive on plenty of love, affection, warmth & hugs. It helps them to feel safe. The more you give, the more your child will learn to give back in return

Children love your time (however limited!) your attention & plenty of praise. Quality family time can help create an open & trusted relationship, so that your child will feel able to discuss their feelings & look towards you for support & guidance.

- Involve yourself in your child's world
- Sometimes listening is all that your child needs from you
- ▲ Create a trigger & support plan with your child. Understanding their triggers & being prepared may lessen your child's worry around their anxiety
- Provide clear boundaries to help keep your child safe & secure
- Encourage your child to find an interest, hobby or learn a new skill
- Seek support for yourself where needed. It is important that you have someone to talk to & you care for your own well being & mental health

WHERE CAN I SEEK SUPPORT?



Anxiety UK
website
www.anxietyuk.org.uk
08444 775774

Mind
www.mind.org.uk
08457 660163

parentline
plus
www.parentlineplus.org.uk
0808 8002222



Parent Lifeline
0114 272 6575
Mon-Fri 9am
-1pm & 7:30pm -
11:30pm



Depression
Alliance
www.depressionalliance.org
0845 1232320.