



Worries



Your child's emotional health



All children get worried at times. This is a part of normal development.

Their worries will help them to develop 'survival skills', so they can face challenges in the wider world and as they grow older.

We all cope with worries differently however some may worry more than others.

What can cause your child to worry

Children often find change difficult such as, starting a new school, having a new sibling or moving house.

Children who have experienced something distressing or traumatic, such as an illness or a bereavement

Family arguments or parents separating can leave children feeling insecure and worried

Friendship issues or being bullied

Sometimes if a parent is a worrier their child can be too

High expectations, such as achieving good results at school

Feeling they need to look a certain way to fit in



Children cannot always voice how they feel and this often shows through their behaviours.

Signs of a Worried Child

Irritable, clingy

Emotional outburst, upset, anger, aggression

Self-injurious behaviours

Negative thoughts

Have a tummy ache or headache

Lack of or changes to appetite

Start wetting themselves (day and/or night)

Sleep problems, waking at night, bad dreams

Lack of confidence and self-esteem

Lack of concentration and focus

Unable to face everyday activities and routines

Not wanting to socialise with others

Not wanting to go school

Many parents feel uncertain how to support their worried child. Talk to your GP or School about your concerns.

You can text for advice from a School Nurse:

07520 615 381 (City)

07520 615 382 (County)

How can you support your child's emotional health

Stay calm and talk to your child about their worries

Encourage your child not to avoid situations - by facing these gives your child the opportunity to learn that the things they fear are not always as scary or worrying as they think

Have good daily routines

Have a healthy lifestyle - exercise, good sleep and a balanced diet

Playing games and doing things together – can offer you and your child the opportunity for distraction and to talk about their worries.

Relaxation exercises can help children to self-regulate and manage their worries in a positive way.

Here are some useful Apps and websites which can help:

- stopbreathethink.com (kids app)
- youngminds.org.uk/
- www.childline.org.uk/
- www.nspcc.org.uk/
- www.healthforkids.co.uk

