

Raising confident & resilient children

Helping parents and carers to understand:

- What worries are
- What causes some struggles/ triggers
- What could support



The important thing to remember is there is no perfect parent – let them know you are there for them and that you understand.

Try to develop a shared language of feelings and help them express them in a healthy way



Try to plot when this happens and see whether you can identify any patterns



What is anxiety?

- Anxiety is normal! Everyone feels anxious and worries at some point in their lives.
- Anxiety is triggered by the perception of danger. It protects us from dangerous situations and prepares us for 'Fight, Flight or Freeze'.
- Anxiety becomes a problem when it stops people from being able to live their lives the way they want to.



Signs to look out for:

If your child is struggling you may notice:

- Changes in attention & focus, behaviour, attitude to learning, eating or sleeping habits.
- They have problems initiating and sustaining satisfying relationships.
- They have difficulty resolving problems or setbacks and learning from them.

Things they may be worrying about:

- Friendships, exams, family dynamics, image homework/workload, Covid 19.

How can you support?

The importance of Resilience

- Resilience is not something we are born with.
- You can help build a child's resilience by setting and supporting challenge or change. Try small steps and track progress. Set a goal together.
- Having resilience is about falling down and being able to get back up again. Help children to understand and accept this as a part of their development.



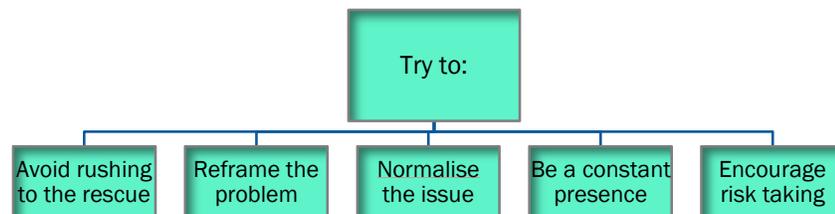
Challenge

Resilience

Building resilience

- Resilience will develop within stable & supportive relationships; young children may feel less anxious if they are able to express & communicate their feelings in a safe & supportive environment.
- Support children to resolve their own problems.

With support, young children can be encouraged to face their fears and, if they do this a few times, they will feel less anxious. Young people may feel less anxious if they are able to express and communicate their feelings in a safe and supportive environment



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Resources:

Cartwright-Hatton S, Laskey B, Rust S et al. From Timid to Tiger: A Treatment Manual for Parenting the Anxious Child. Chichester: Wiley-Blackwell, 2010.

Creswell C, Willefts L. Overcoming Your Child's Fears and Worries. London: Constable & Robinson, 2010.

Eisen AR, Engler LB. Helping Your Child Overcome Separation Anxiety or School Refusal. Oakland: New Harbinger Publications, 2006.

Freeston M, Meares K. Overcoming Worry. London: Constable & Robinson, 2008.

Helping children and young people thrive

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