

## Dealing with anxiety

At this moment there are many children who are feeling more anxious than usual and uncertain about what is happening and worried about the future.

They may also see their parents and teachers also more 'stressed' for real reasons and worry about you too!

### 10 Tips to help

1. Be reassuring. Strike a balance between answering questions well enough without creating more anxiety.
2. If you don't answer their questions, they could create their own vision of the future.
3. Be accurate and check your facts.
4. Try to avoid discussing your concerns in front of your child.
5. Remain calm as you can otherwise, they will 'pick up' on your emotions.
6. Try to avoid watching endless news programmes focusing on deaths and numbers across the world.
7. Focus on activities that your child enjoys and that you can control.
8. Discuss a common-sense approach to washing hands and may be sing along together.
9. Limit social media if necessary so they don't keep fact checking too!
10. They may ask the same questions several times for reassurance – be patient.

