

Feeling Worried



These past couple of weeks, children at Little Ealing have been doing lots of work on how to manage their feelings whilst developing their emotional literacy so that they are more able to cope with the ever-increasing demands on us all.

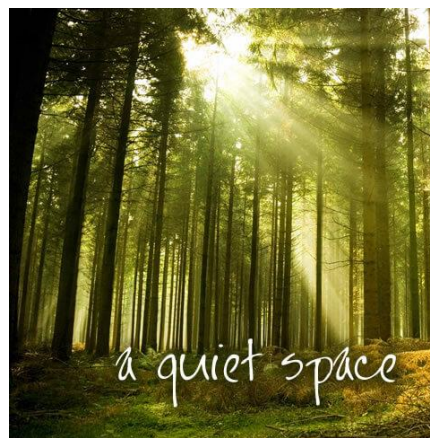
We have also been helping children to understand that all feelings are valid and are ok and how we can use a range of strategies to support us to self-regulate in order to be able to continue to learn effectively.

We have talked about the fact that we all get worried at some point and it is an important and valid emotion. Clinicians at the Anna Freud Centre for Children and Families have developed seven ways that they consider best practice in responding to children's fears. It links very clearly with Cognitive Behaviour Therapy which is a talking therapy helping people to manage their feelings or problems by changing the way that they think and behave.

Over the next few weeks, we will have a look at each of the Anna Freud's strategies. This will allow us all to work on a bite-size strategy over the coming week and ultimately, by week 7 (half term!), have built a toolbox of strategies in which we are all well versed.

Strategy 1: Create a Space for Conversation

Demonstrate that you are available to talk but don't force the conversation at the wrong time as this may feel intrusive. Be open and consistently available, allowing conversation to flow when the child is ready and willing to talk. Children often find it easier to talk while doing another activity, such as drawing, going for a walk or baking.



Sometimes it is nice to have some 1-1 time with each child doing something special together away from the home; not easy, but see what options you may have to make that happen.

After trying out this strategy, perhaps write down how it went in a journal and reflect. How did it go? What went well? What could have been better? How did it support your child with their worries? Remember also to be kind to yourselves; if at first you don't succeed, keep trying.

Next week we will look at strategy number 2! Until then, I wish you all a happy weekend.



Working together to keep our children safe and happy.