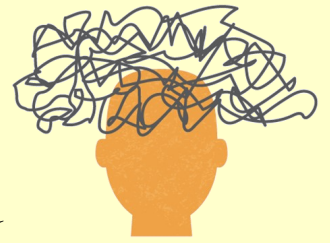


Feeling Worried



Feeling worried is a natural emotion. We all feel worried at times. Last week, we looked at strategy 4 and 5 of seven key strategies that the Anna Freud Centre for Children and Families recommend for supporting our children to cope with their worries.

This week, we will look at the last two strategies, 6 and 7.

Strategy 6: Problem solving and coping



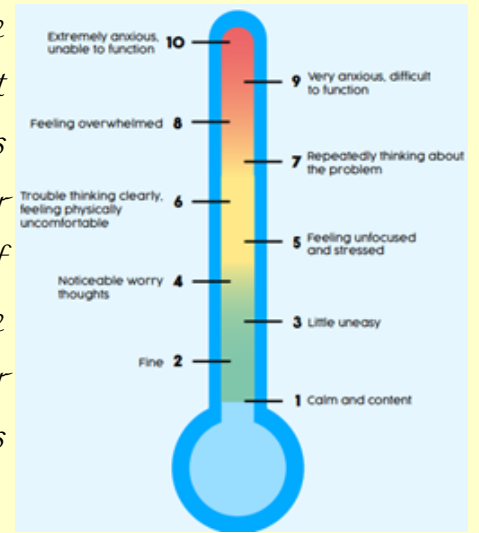
Focus on emphasising confidence in your child's ability to cope and engage them in helping to think about different strategies. For example:

- Future action orientation: 'So what are we going to do about this? We can't do X, but we can do Y'
- Holding the hope: that somehow this situation may make space for something different and better to happen
- Keeping up healthy habits: school, clubs, and domestic routines.

Strategy 7: Check-in and monitor progress

A critical part of the process is to carefully observe the impact of any suggestions/changes in approach with your child. This could be done using an 'Anxiety Thermometer' which is based on your child's response: 0 being calm and content to 10 being extremely anxious. Hopefully, by taking these steps, your child's Anxiety Thermometer will reduce over time.

Over the next week, try strategies 6 and 7 and note the impact. What changes have you observed? What positives have you seen? Remembering that small wins are worth celebrating. Supporting children with their worries is ongoing and sometimes they are at the start of a long journey on which they need support. Revisit the 7 strategies regularly until they become part of your child's toolbox of self help and are at your fingertips when your child needs you.



Working together to keep our children safe and happy.

Have a happy weekend

Halina Rooney

Deputy Head of Inclusion/SENCo