

What Parents and Carers can do if they are worried about their child's anxiety

- Stay calm, it may pass, all children and young people go through times of worry, particularly in these challenging times. Allow some time to adapt to the changes happening in their lives
- Talk to your child or young person about their feelings and emotions. Give them an opportunity to talk to you about how they feel. Be gentle and supportive, validate their feelings
- Children and young people can be really good problem solvers, ask them if they have any ideas what might help them to feel less anxious
- Older children and young people might find it difficult to talk face to face, try indirect talk, such as texting or whilst doing another activity. Let them know you're interested and there for them
- Talk to your partner or other parents (away from your child) about what your child's experiencing, it can help to normalise the experience and they might have a different take on it as well as new ideas or advice to try
- Be aware of your own anxiety and take steps to manage it, getting help if you need to. Evidence shows anxious children and young people often have one or more anxious adults in their lives
- Make a list of people your child/young person can talk to such as you or your partner, other relatives, a teacher, or friends of the family
- Depending on your child's age, encourage talking about feelings; writing them down; drawing them; breathing exercises, or physical activity to relieve stress and anxiety
- If your child's behaviour is not changing or if you suspect they might be depressed, ask your doctor for advice. Depression and anxiety can be treated in many ways.

If you are struggling to start a conversation with your child or young person access the young minds conversation prompts documents can be found on the [Young Minds website](#).

For more information on supporting a child or young person who is anxious access the [Helping Your Child With Anxiety Page on the Young Minds website](#).

“My advice would be getting out for fresh air and walks, getting them to talk about what they think makes them feel anxious and how it feels. What situations make them feel calm – bath, listening to music, cuddling up to a pet or family member. In the moment of a panic attack what helps them to calm their breathing, squeezing something, breathing techniques, counting down.... These really helped our son” – East Sussex Parent