

Resilience and anxiety

Anxiety and stress are normal and at times helpful aspects of life. But anxiety can become too intense and get in the way of doing normal everyday things. We all need to develop ways of understanding and coping with these feelings.

Your wellbeing matters

How you are feeling and the things you are saying will be really important. It's common for adults to struggle to manage their own stress and anxiety. If this is the case it can be very difficult to model a calm, confident approach. It is important that adults access their own supports when needed; speak to a partner or friend, do something you enjoy, get some fresh air, have a cup of tea and a minute to yourself.

What can you do?

Top strategies for supporting your child through times of anxiety and uncertainty



Calm, Consistent use of Language

Our language is a powerful tool for promoting change.

Give clear, calm and consistent messages about the need to attend school.

"I know this is hard but it has to happen. You have to go to school"



Provide Routine and Predictability

Make a plan with your child about what the morning routine will look like, so that you both know what will be happening.



Support your Child's Resilience

Resilience develops through working through difficult situations and can be supported through a range of ways:

1. Model confidence through your use of language and actions
2. Problem Solve together: Help your child to create and think through solutions and create a plan with small, manageable steps.
3. Listening to your child and acknowledging their feelings and any worries is really important.



Recognise success through positive reinforcement

It is important to draw attention to each and every success, no matter how small.

"we are so proud of you this morning for following the routine and getting ready for school"



Clear Communication with School and other support services

Maintain good communication with the school to enable a consistent plan and use of supportive strategies that will help your child and in turn support a return to full attendance