

ANXIETY

INFORMATION FOR PARENTS AND CAREGIVERS



How We Can Help

Prairie Rose School Division Social Workers are available for consultation and family support if you are concerned that your child's anxiety is interfering with their ability to participate in school or other meaningful activities. For further information please contact:

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ADDITIONAL RESOURCES

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children by Reid Wilson and Lynn Lyons

The Anxiety Workbook for Kids: Take Charge of Fears & Worries Using the Gift of Imagination by Robin Alter and Crystal Clarke

The Anxiety Workbook for Teens: Activities to Help You Deal With Anxiety and Worry by Lisa Schab

Website-<https://anxietycanada.com/>

Anxiety is a common reaction to worries and fears that get stuck in our body and mind. The worries and fears may be something that has happened or something we think might happen. Feelings of anxiety may last for a long time and can interfere with our ability to interact with others and participate in activities. All people have worries at one time or another. Sometimes when we are dealing with our own anxiety, we forget that others feel it too!

POSSIBLE INDICATORS OF ANXIETY

A child experiencing anxiety may withdraw (freeze) and avoid certain activities (flight) or may appear defiant (fight). Children may also appear emotionless, stay close to people they feel comfortable with or let others speak for them. They may also complain of physical symptoms such as headaches, stomachaches and have difficulty eating or sleeping.

SUPPORTING YOUR CHILD

Routines

Routines such as set times for meals, bedtime, homework, and relaxation can help children develop effective ways to cope with anxiety and decrease family stress as well.

Encouraging Independence

Assure your child that everyone experiences fear and worry from time to time. Telling a child to "snap out of it" is ineffective and may lead to feelings of shame. For example, you can give your child some responsibilities around the house and encourage them to engage in activities that increase their self-confidence.

Avoid Avoidance

Avoidance feeds anxiety! It temporarily relieves the stress but it does not build your child's capacity to develop coping or problem solving skills. Instead, encourage your child to take small steps towards facing their fears. You can also support your child by encouraging them come up with ways they can deal with difficult situations.