

Go to's for

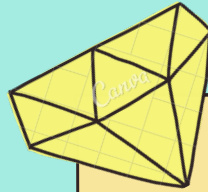
PARENTING AN ANXIOUS CHILD



Call Parentline NI today for advice, support or guidance.



0808 8020 400



Useful websites and links:

<https://www.amh.org.uk/resources-for-children-young-people/8-11-years-old/>

<https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Parents-Factsheet-Anxiety-in-children-6.pdf>

<https://youngminds.org.uk/find-help/conditions/anxiety/>

Midfulness Apps & Activities:

Ninja Focus

www.theimaginationtree.com

www.calmforkids.com

www.relaxkids.com

Recommended books:

<https://www.penguin.co.uk/articles/children/2020/oct/childrens-books-about-feelings-and-emotions.html>

-The Huge Bag of Worries, Virginia Ironside
(Ages approx. 2-5)

-The Invisible String, Patricia Karst (Ages approx. 4-8)

-What to do when you worry too much,
Dawn Huebner (Ages approx. 6-12)

Have a go at...

Practicing self care - an important part of being a parent is looking after yourself too.
Remember language matters - words which connect, soothe and nurture.

Using statements such as;

'I love you, you are safe'.

'This feeling will go away, lets get comfortable until it does'.

'lets pretend were blowing up a giant balloon. We will take a deep breath and blow it up to the count of 5'.

'what do you need me to do?'

'I'm right here, how can I help?'

Staying calm and reaching out - we are here for you Monday-Thursday 9am-9pm, Friday 9am-5pm and Saturday 9am-1pm.