Supporting your Child with Health Anxiety

NHS
South West Yorkshire Partnership
NHS Foundation Trust

It's a worrying time for everyone, and trying to raise happy healthy children during the pandemic can feel like quite a task when you as parents are also anxious about the current situation.

Sometimes knowing how to talk to your child about mental health, or knowing how to spot the signs they are struggling can be hard. Especially as children may not know how to communicate exactly what it is they are feeling. Signs of anxiety in children can also look like normal behaviour, so it can be difficult to know how to approach having conversations with them about it.

This poster shares with you some tips on how you can talk to your children about COVID19 that will help you understand they way they are feeling, and also put their minds at ease.

Helping to Alleviate Anxieties

Talk about Feelings and Worries

- Explain what COVID19 means in terms they understand by answering any questions they may have. Only tell them what they need to know but be truthful.

- Focus on the helpers such as doctors and nurses who are working hard instead of focusing on the virus

- Reassure them that it is ok to feel worried

Do something positive to help the current situation

- Donate to a local food bank or draw pictures to display in the windows to show support
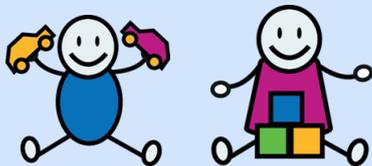
Try to create structure and routine

- Have a timetable of activities to help give children something to look forward too

- Find practical things to do such as meditation exercises, playing games and crafting projects to help take their mind off things

Help give children a sense of control

- Use online tools and resources to help you child work through their worries, this will help them feel in control of taking care of themselves.

Keep in touch with family and friends

- Let your child express their feelings and find ways to keep in touch with those they miss the most.

Useful Resources

Talking to Children about COVID19

Talking to children with worries about COVID19

What is health anxiety?

Anxiety Worksheets for Kids

Helping your child with Anxiety

Anxiety Exercises for Children

With **all of us** in mind.