

Connect for Health
Your school nursing service

Separation Anxiety

Parent Pack

Compass

What's inside?

This parent pack has been produced by Connect for Health to be used by families to help reduce separation anxiety in children and young people. The pack contains stress reducing and calming activity ideas that can be done individually or as a family.

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Top tips to support your child with separation anxiety

Routine
Feel prepared - use a planner to create a routine.

Communication
Speak to school about supporting transition from home to school.

Positive talk
When discussing school, talk positively about changes and what there is to look forward to.

School drop off
Make school drop off short and sweet.

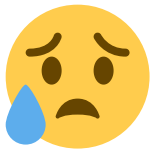
Individual plan
Create an individual plan to support arrival at school.

- avoid crowds by varying school start time
- vary the adult who does the drop off
- be brief when saying goodbye
- plan for a school staff member to meet at the gate and walk to class
- take a familiar item to school, e.g. toy
- assign a school staff member to be a main contact when at school
- allocate tasks to support the teacher
- provide a safe space to go to if ever needed

Coping strategies to support behaviour change or reduce anxiety

- grounding techniques
- breathing techniques
- mindfulness
- goal setting
- reward jar

Feelings Indicator

	Feelings	What can you do?
	**ANGRY** Shouting, agressive, meltdown	Physical activity, deep breathing techniques, calming activities
	**FRUSTRATED** Irritable, refusing to do things	Listen to calming music, go for a fast walk
	**ANXIOUS** Clingy, worrying, avoiding behaviour	Talk to someone you trust, focus on what you can control
	**SAD** Withdrawn, quiet, crying	Set achieveable goals, write down your feelings
	**HAPPY** Smiling, laughing, playful	Enjoy your mood, help someone who needs it

Anxiety Coping Toolkit

Calm Down Ideas

1. Go outside and do some physical activity
2. Squeeze or hit a pillow.
3. Listen to your favourite positive/relaxing music.
4. Close your eyes and imagine a calm place.
5. Draw and colour in a picture.
6. Write a letter or story.
7. Read a book.
8. Talk to someone your trust about your worries.
9. Hug a friend or family member.

Stress Ball

Fill balloons with dry rice or pulses. Take the ball in one or both hands and squeeze and release.

Bubble Breaths

Take in a deep breath and gently blow bubbles. watch the bubbles fill the room..

Helping Hand

Draw around your hand and write the names of 5 trusted people on each finger.

5 Sense Grounding Tool

The 5 senses grounding activity is a good way to help focus on the environment instead of your thoughts. This can help to calm your mind.



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



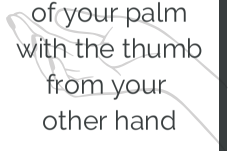
1 thing you can taste

Good ways to stay calm

Cut out the cards that you think are good ways to stay calm, then stick them in the box.



Go for a walk



Rub the middle of your palm with the thumb from your other hand



Close your eyes and imagine your favourite place



Have a drink of water



Talk to a teacher



Colour a picture



Sit in a quiet place



Write down how you feel



Count to 10 with deeps breaths between each number



Give yourself a tight hug



Squeeze a squishy ball



Do some stretches

Good ways to stay calm

Stick the cards that you think are good ways to stay calm in the box below.

Goal Setting - Weekly Goal

What are my goals for the week?

Goal for Monday:

Tick when complete

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Goal for Tuesday:

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Goal for Wednesday:

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Goal for Thursday:

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Goal for Friday:

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Goal for Saturday:

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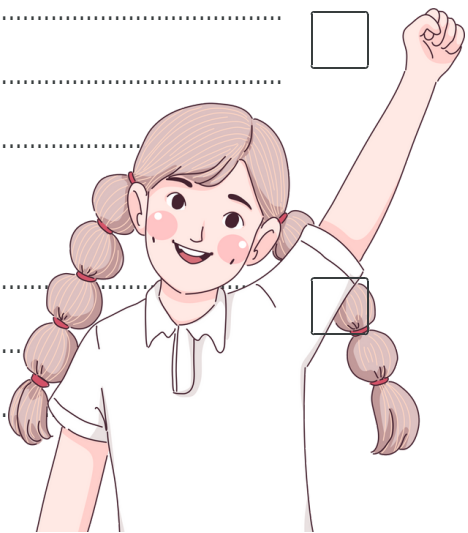
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Goal for Sunday:

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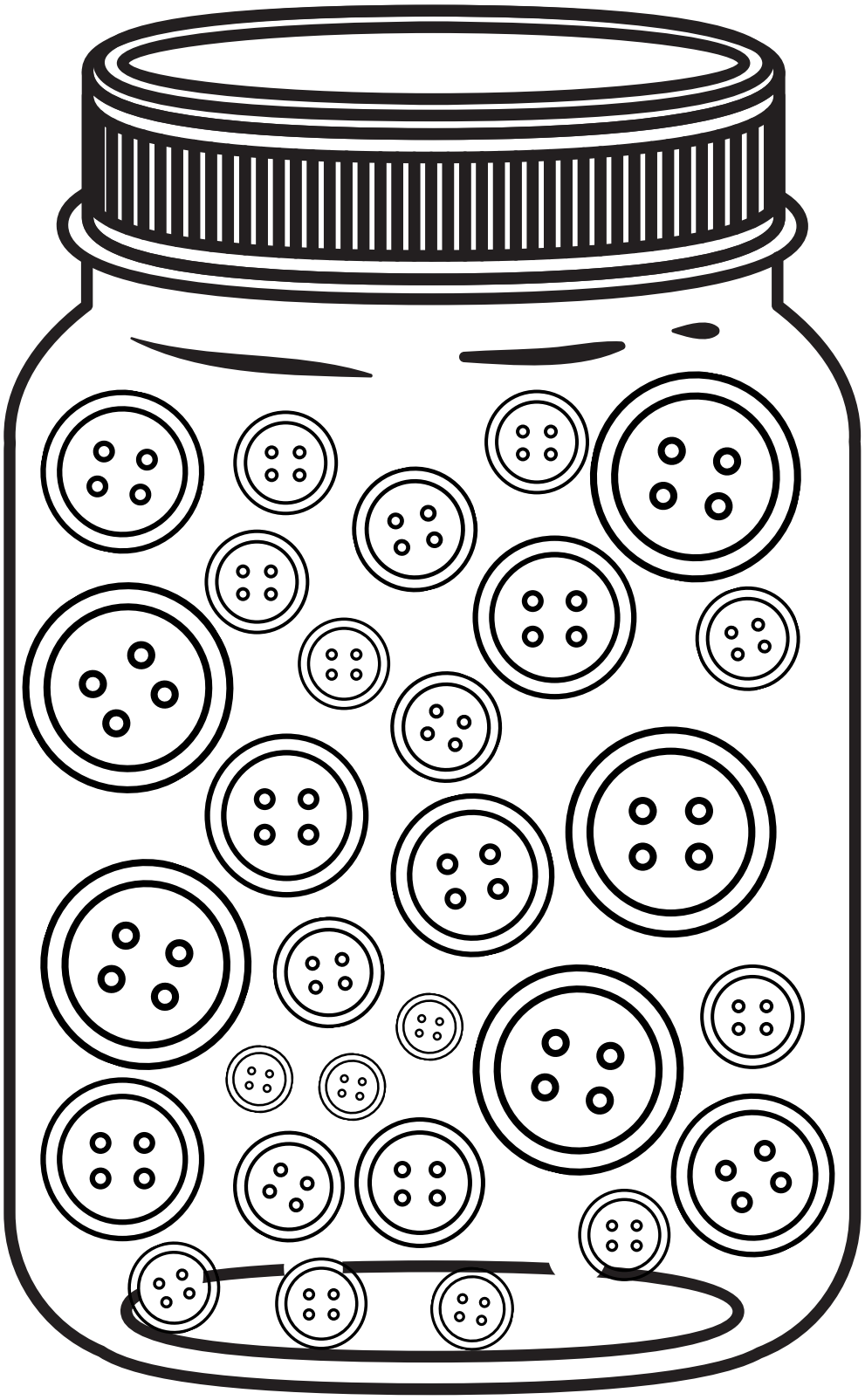
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Reward Jar

I can colour in a button everytime I .....

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Connect for Health
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Useful contacts

Childline Calm Zone

www.childline.org.uk/toolbox/calm-zone/

Find ways to feel calmer that work for you. Try out the breathing exercises, activities, games and videos on the calm zone website to help let go of stress.

Young Minds

www.youngminds.org.uk/

Young people can learn about how to deal with different feelings and find ways to feel better.

Kooth

www.kooth.com/

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.

C4H

Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org

@schoolhealthC4H @compassc4h @c4hwarwickshire

www.compass-uk.org/services/c4h

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