

DS/017/2025-26

Date:16/04/2025

MANAGING CHILDHOOD ANXIETY

Dear Parents,
Greetings from Dewvale School!

This Wellness Wednesday, let us focus on understanding and managing childhood anxiety. Children may not always have the words to express their worries, but with the right guidance and support, they can learn to manage their emotions in healthy ways.

Please find the attached poster with helpful tips to reduce anxiety and promote emotional well-being in children.

Together, let us nurture calm, confident and emotionally strong children.

Best Regards,

A handwritten signature in green ink that reads 'Seema Umar'.

سيما عمر

Seema Umar



10 TIPS TO HELP YOU MANAGE YOUR CHILD'S ANXIETY



Support your child to face their fears



Talk to your child about their worries



Teach your child some coping skills like relaxation



Help your child to problem solve



Role model helpful coping behaviours



Create a worry time each day for your child to deal with worries



Listen to what your child has to say



Be calm and patient when helping your child



Make sure they are eating healthy and getting enough sleep



Don't be afraid to seek out specialist help

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