

A comprehensive parent guide to understanding & supporting your child's anxiety at home.



What is anxiety?

Anxiety is the feeling of excessive worry or fear, often accompanied by physical sensations like a racing heart or tense muscles. It arises in response to stress or perceived threats and, when persistent, may impact a child's daily well-being and functioning.

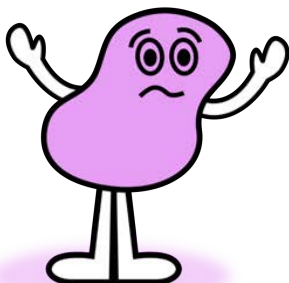
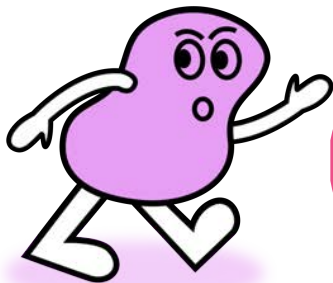
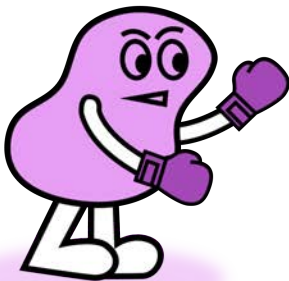
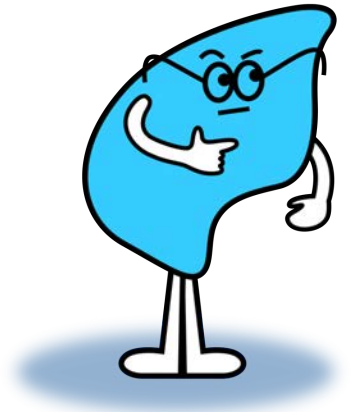
Did you know?

"80% of our thoughts are negative, while about 95% of our thoughts are repetitive"



Anxiety in the brain:

Anxiety stems from repetitive thoughts originating in our prefrontal cortex, located at the front of the brain, responsible for rational and logical thinking. When the amygdala is under stress, it triggers the fight, flight, or freeze response, pushing the prefrontal cortex into overdrive, leading to recurring thoughts and increased worrying.



Did you know?

Emotions are designed to last 90 seconds. Yet, when we get stuck in recurring thoughts and the fight, flight, or freeze reaction, these emotions can linger for a longer duration. This cycle can progressively disrupt daily life and hinder us from engaging in activities we enjoy.



Potential causes:

- Neurodivergent challenges
- Friendship conflicts
- Bullying
- Academic pressure
- Perfectionism
- High sensitivity
- Unresolved trauma
- Low interoception

Behavioural traits:

- stomach discomfort
- nail-biting
- rapid speech
- unexplained anger
- avoidant behaviours
- perfectionism
- excessive worrying
- negative thinking patterns



The positives:

- empathetic
- kind
- sensitive
- caring
- aware
- alert
- protective





The negatives:

- low self-confidence
- negative self image
- fixed mindset
- sleep challenges
- friendship challenges
- academic difficulties

Before School:

Children with anxiety, who are typically highly sensitive, thrive on regular routines, structure, and predictability. Engage in discussions about daily activities, offer reassurance, and acknowledge their emotions.



Our Top Recommendations:

- Establish a consistent and clear morning routine for them.
- Visual schedules are particularly helpful for parents dealing with neuro diverse challenges at home.
- Regularly check in about their emotions and reassure them of their safety, expressing eagerness for a post-school check-in.
- Draw a heart on your hand and a heart on theirs that they squeeze at anytime, reassuring them that you're always thinking of them.

After School:

Take 5- 10 minutes each day to connect with your child by sharing your emotions from the day and encouraging them to do the same. Steer clear of the word anxiety!



Our Top Recommendations:

- Encourage lying on the floor and exploring where the worry is located in the body to improve their interoception skills.
- Check in with their emotions. Have them draw what the worry looks like and pinpoint where they feel it in their bodies.
- Use the sentence structure "I feel ... because ...," and verbalize the worry to help alleviate stress.
- Create a worry box for your child to write down concerns, put them inside, and discuss them during emotional check-ins.
- Tell resonating stories so that they don't feel alone in their big feelings & worries.
- Using CBT grids to empower your child to take back control of the repetitive thoughts.

Bedtime:

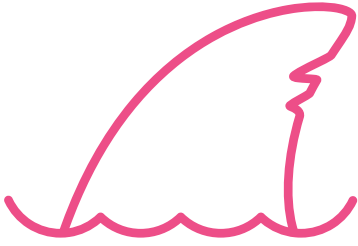
Children who have anxiety, and are often sensitive, can greatly benefit from consistent routines, structure, and predictability, making bedtime routines crucial for them.



Our Top Recommendations:

- Consider giving a magnesium supplement before bedtime or using magnesium bath salts for a calming effect.
- Create a soothing environment by dimming the lights, playing calming music, and using a night light.
- Allow your child to share any thoughts before going to bed.
- Engage them with imaginative stories that convey positive messages to help them focus on happy memories instead of worrying about the day.
- Sit with them as they fall asleep, gradually moving the chair away to encourage independent sleeping.
- Collaborate on an action plan to identify what helps with sleep and what doesn't, empowering them to take charge of their own rest. Use teamwork language to combat sleep challenges together!

Breathing Tools:



Shark Fin:

Inhale through your nose, lift your arms above your head to create a shark fin. Exhale while making a "shhhhh" sound as you lower the fin towards your chest.



Birthday Candles:

Imagine your age as birthday candles. Take a deep breath in through your nose and blow each candle out individually as you exhale through your mouth.



Hot Chocolate:

Visualize a steaming cup of hot chocolate. It may be too hot to sip, so take a deep breath to enjoy the aroma and exhale to cool it down. Repeat this process as needed! We suggest taking 5-10 breaths.

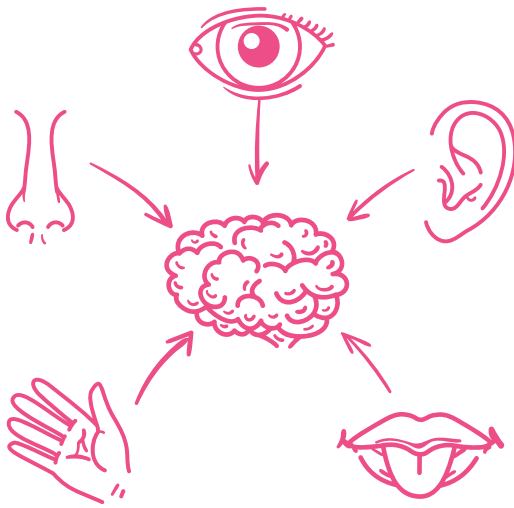


Grounding Techniques:

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Engage your child with your surroundings by identifying three objects you can see, three things you can physically touch and show three ways to move your body!



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Engage your child with your surroundings by identifying five things you can see, four things you can touch, three things you can hear, two smell and one taste.

Top tip: describe them with adjectives! The more the better.



The Worry Whirlpool:

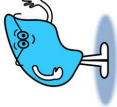
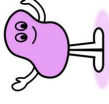
Sometimes our worries can spiral into a repetitive whirlpool, causing a sense of unease, particularly when it comes to sleep. Here are our top tips to help you if you reach this stage.



Regaining control over the whirlpool of worry:

- Recognize and pinpoint the worry
- Observe the worry & call it a name
- Record the worry in the CBT grid
- Embrace the worry
- Find solutions through problem-solving!

The Worry Reframe Grid

 Date	 Situation (Where were you?)	 Emotions & Feelings (How did your Ava feel?, On a scale of 1-10 how big was the feeling?)	 Automatic thoughts (What Piko thoughts did you experience?, How much did you believe them on a scale of 1-10)	 New thought (What could be a different Piko thought? How much do you believe this to be true?)	 New Feeling (How does your Ava feel now, What can you do next time?)						
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Supporting you further...



Transformational Coaching Packages

Elevate your confidence and well-being with our tailored life coaching bundles, available in 3 or 6-week durations.

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The Explorer Journey – A 10-Week Online Coaching Course

Immerse yourself in a comprehensive 10-week online coaching experience with an interactive curriculum.

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Parent Empowerment Program – Connect

Acquire essential tools and strategies designed to empower you, fostering long-lasting positive impacts on your child's well-being and development.

[Discover](#)

What parents say...

"The best investment we've made all year! Thank you so much for your support. We're so happy we have enrolled J in this programme. And we're looking forward to enroll A & L when they turn 7 :) "

**Mother of 7 Year Old, London
Explorer Programme**

"Chloe has been incredibly amazing at helping our little boy increase his confidence and feeling of self worth this year. She makes the programme fun, engaging and interactive so children just absolute love it and are excited to see what the characters have in store for them each week. The change in our son has just been momentous and we just couldn't be happier with Chloe and the most wonderful mindstationcoaching"

**Mother of 7 Year Old, Dubai
Explorer Programme**

"The impact Chloe has had on Oliver has been phenomenal. She has given him tools to manage his emotions, anxiety and his confidence is so much higher"

**Father of 11 year old, Surrey
Explorer Programme**

What parents say...

Life isn't perfect (it never is) but with Chloe's help we have been able to address our parenting styles to reduce conflict, improve boundary setting and understand each other a little better. In real terms, Richard and I are working together to parent with a more empathetic and understanding approach to each other and our daughter. We have been able to help our strong willed little girl with challenges around bed time, homework and screen time and as a whole life at home is calmer, more honest and a lot more fun.

Mother.& Father, Connect Programme



Thank you!



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