



Mental Health
Support Team
Buckinghamshire

Understanding and Overcoming Childhood Anxiety & Sleep Parent Workshop

TAKE CARE



OF YOURSELF

TAKE NOTE

We recognise your role as parents and don't want to turn you into therapist

We will discuss strategies suitable for mild to moderate childhood anxiety

We understand that all families and young people are unique and that some of strategies discussed need to be tailored to the situation

WHAT WE WANT YOU TO GET OUT OF THE WORKSHOP

To develop and understanding of anxiety and how it might present in childhood.

An understanding of LI-CBT and how it support parents and young people

Empowering you as parents in being able to help support your children with their anxious challenges.

WHAT IS ANXIETY AND WHEN DOES IT BECOME A PROBLEM?

- Anxiety is a NORMAL emotion
- It can be helpful and enhance performance
- Anxiety becomes a problem when it is more SEVERE or FREQUENT and INTERFERES with a child's everyday life



HOW IS ANXIETY MAINTAINED?

OVERESTIMATION – of
the threat or danger

UNDERESTIMATION – of
one's ability to cope

It prevents children
from enjoying normal
childhood experiences –
impacting in school,
friendships and family

COMMON CHILDHOOD ANXIETY DISORDERS

Separation anxiety

- Excessive concern separating from caregivers
- Commonly expressed with difficulties attending school, social events or bedtime
- Around age 5

Specific Phobia

- Persistent fear that is excessive or unreasonable
- Brought on by the presence of Specific object or situation, e.g. dogs, snakes, wasps, lightning
- Around ages 5-8

Generalised anxiety

- Excessive and uncontrollable worry
- Often accompanied by marked physical symptoms such as headaches and stomach aches
- Around age 11

Social anxiety

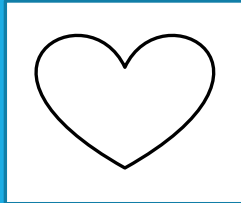
- Excessive fear of negative evaluation
- Commonly expressed by school and social difficulties, e.g. speaking in class, attending school or social events
- Around ages 12-14

WHAT MIGHT GIVE YOU AN INDICATION THAT ANXIETY IS A PROBLEM?

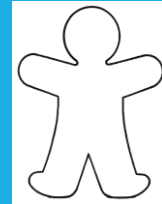
Thoughts



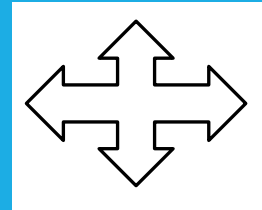
Feelings



Physical

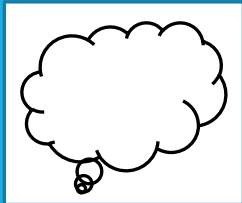


Behaviour



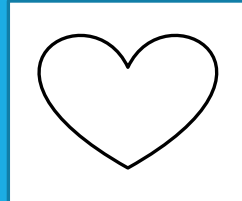
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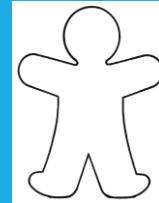


Thinking the worst
Self-critical
Over-exaggerating

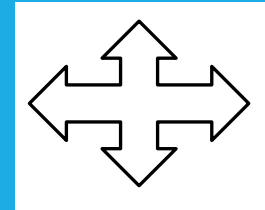
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Behaviour

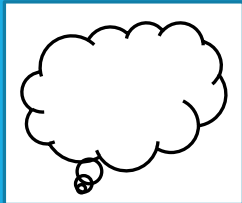


Over-avoidance

Interference

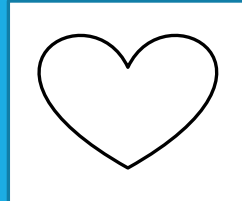
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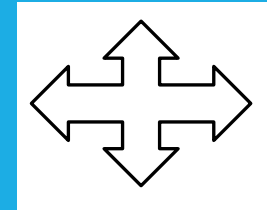


Worry, Panic, Anger,
Embarrassed,
Stressed,
Fearful, Hopeless

Physical

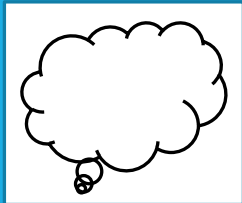


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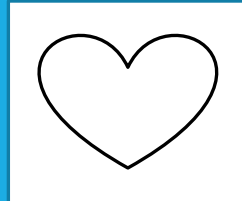
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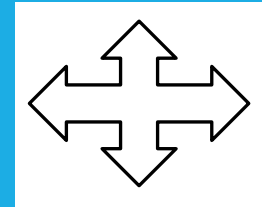
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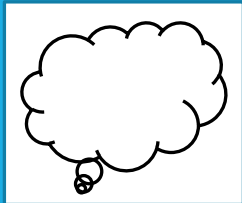
Stomach Aches
Headaches
Racing heartrate
Fidgeting, Tense
Shaking

Behaviour



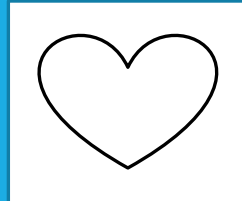
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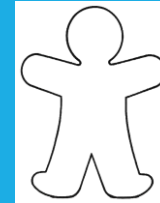
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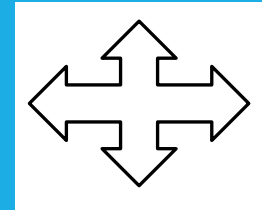
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Behaviour



Sleep difficulties
Clinginess or crying
Perfectionism
Struggling with change
Restlessness and
irritability

REMEMBER

- Anxiety is a normal emotion, children and young people (and adults) have changes in mood, ups and downs
- Being fearful is very common in childhood
- Consideration needs to be made whether it is developmentally appropriate
- Context and whole picture is important to consider

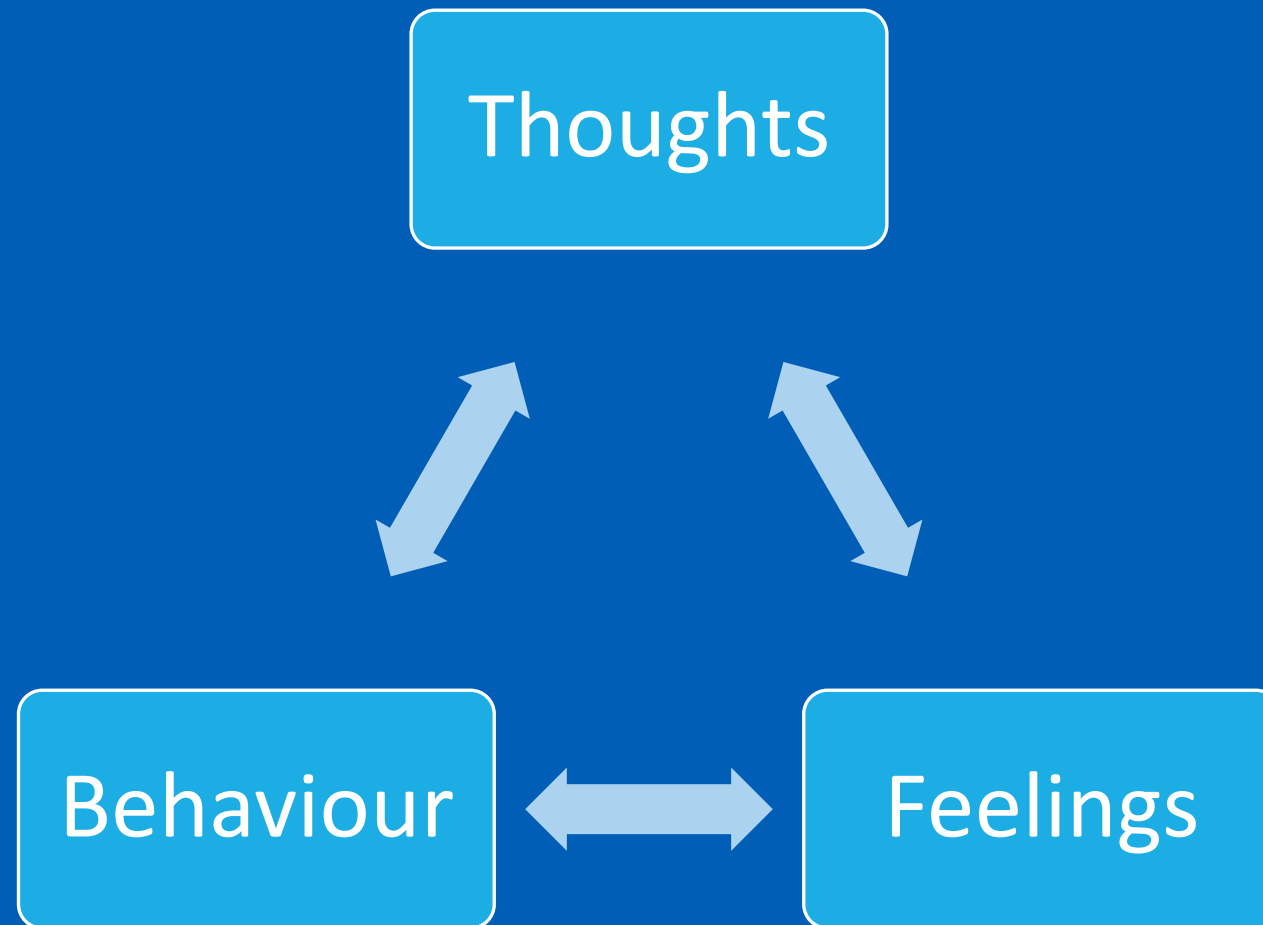
TO HELP DECIDE, CONSIDER THE FOLLOWING QUESTIONS:

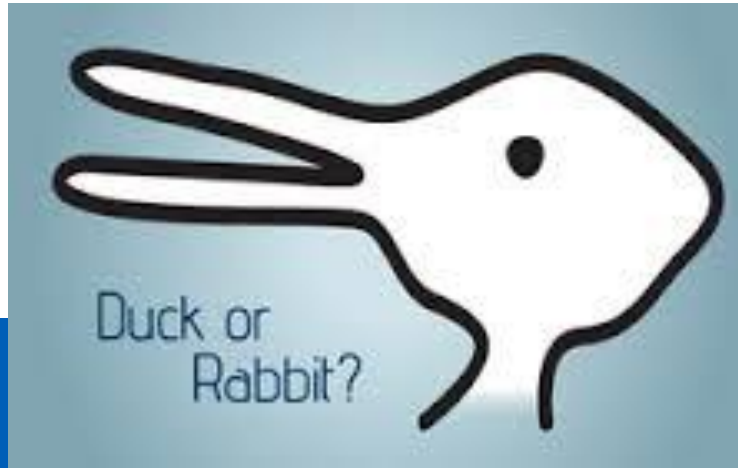
Is the fear out of proportion to the actual level of the threat?

Is there fear in the absence of actual threat?

It is difficult to settle the child or young person back to a normal state?

WHAT IS CBT (COGNITIVE BEHAVIOUR THERAPY)?





- How we interpret an event determine how we react to it.
- The “same” event can result in different emotions (depending on the interpretation)
- We may be able to help reduce children’s distress by helping them to change their interpretation (thoughts and behaviours)

CBT – KEY PRINCIPLE - EXAMPLE

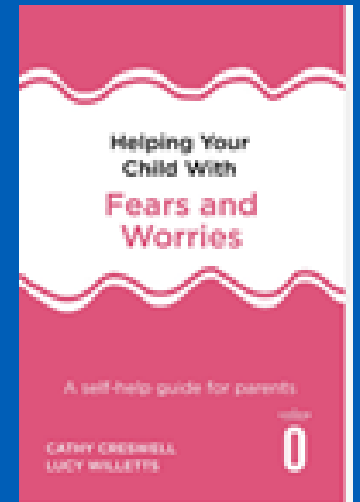
Imagine it is the middle of the night – you are at home in bed asleep – you are awakened suddenly by a loud noise from downstairs.

- What are you thinking?
 - How do you feel?
- What reaction might you notice in your body?
 - What do you do?

PHILOSOPHY OF HYC PARENTING PROGRAMME

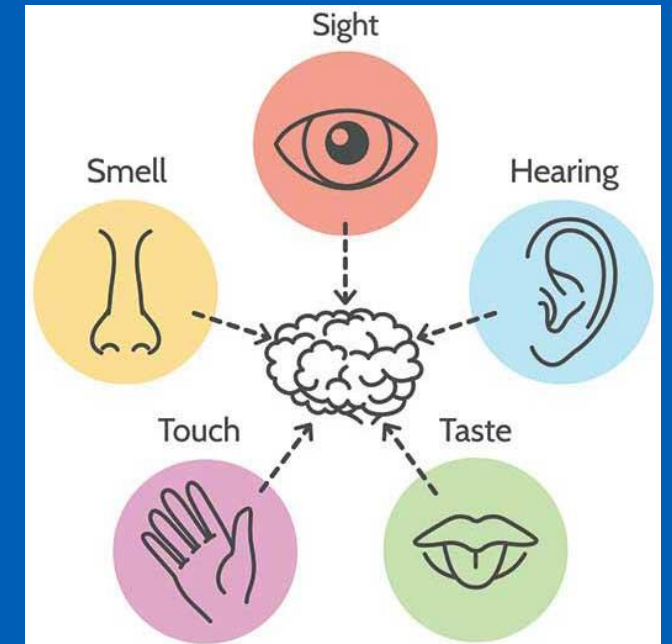
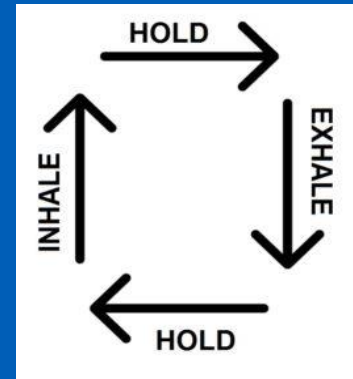
Why we work with parents:

- Increasing confidence and empowering parents
- They are the “experts” of their children
- Children and young people unable to implement strategies
- Parents can implement strategies to every day situations
- Strategies can be implemented with other family members
- Thus an increase likelihood of long-term change



PRACTICAL SKILLS FOR PHYSICAL ANXIOUS RESPONSES

- 7-11 Breathing
- Box breathing
- Grounding: The 5 senses
- Progressive muscle relaxation



REFERRALS



Please speak to
Ms Dempsey

She can refer you to us (Mental Health Support Team).

SLEEP

How much sleep do children need?

Gradually reduces as we age – 10-12 hours at primary age (8-10 as adolescents)

Why is sleep important?

- It's the time our body processes the day and heals
- Lack of sleep can effect your mental health and wellbeing
- Lack of sleep can cause physical ailments

more than
4 IN 10 CHILDREN
will have a sleep difficulty at some point.

This figure shoots up to more than
80%
when a child has a Special Educational
Need or Disability (SEND). If you are
struggling with your child's sleep,
YOU ARE NOT ALONE!

EVERYONE
has issues with their sleep at some point,
the trick is discovering what is
CAUSING THE DIFFICULTIES
and then putting in place the
APPROPRIATE STRATEGIES.

HOW TO HAVE GOOD SLEEP HYGIENE

- Create a routine - have a regular bed time (avoid napping)
- Reduce stimulation – avoid technology before bed – wind down
- Don't eat and drink for an hour before bed
- Keep your room cool and dark
- Don't force yourself to sleep – if after 20 minutes not asleep do something calming like reading or drawing
- Eat a balanced diet
- Exercise
- Make your bed just for sleep – that way the body associates it with sleep

HOW CAN I HELP MY CHILD IF ANXIETY IS IMPACTING SLEEP?

- Create a bedtime routine
- Create a space earlier in the day to share worries
- Get up and do something calming if you can't get to sleep after 20 minutes – read, draw...
- Step plans
- Consider HYC?

WHO TO TURN TO?



<https://thesleepcharity.org.uk/information-support/children/childrens-sleep-ebook/>



<https://cerebra.org.uk/get-advice-support/sleep-advice-service/>





Any Questions



MHST - Parent Training/Workshop

