



Supportive, Consistent Parenting

Set realistic expectations. Don't promise a trigger will "never" happen. Focus on helping them cope if it does and remind them of past successes.

Manage your own anxiety.

Children mirror adults—model calm behaviour and coping strategies like deep breathing or writing things down.

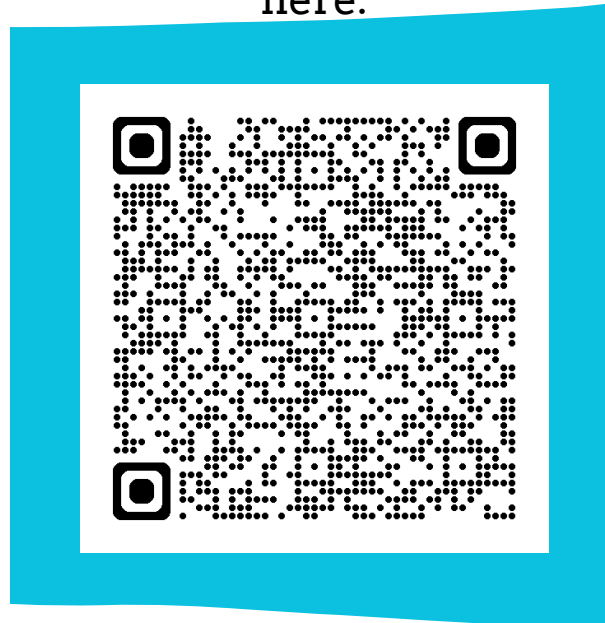
Don't reinforce fears. Reassure appropriately but avoid excessive reassurance or actions that confirm fears. Keep goodbyes brief.

Stay consistent and supportive.

There is always a reason behind the behaviour; predictable responses help children feel secure.



Complete Guide available
here:



Team Around the Family

01323 46 46 55

Team Around the School
and Setting

01273 481 967

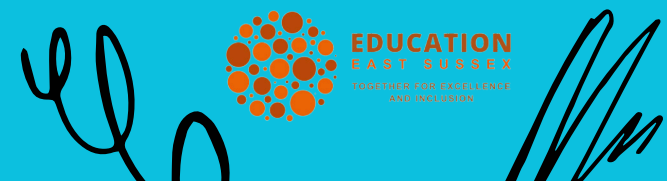


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SUPPORTING EBSA

Ways to support
your child or young
person to manage
anxiety





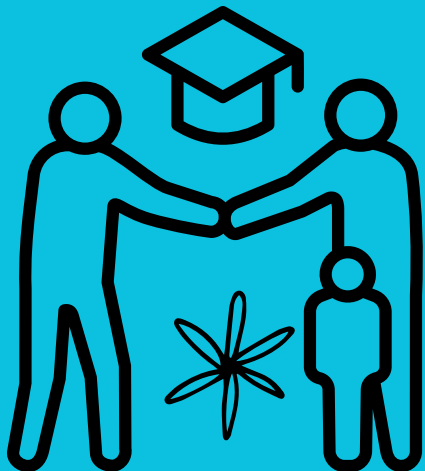
Understanding & Reducing Avoidance

Avoiding anxiety triggers increases anxiety. Removing a child from feared situations reinforces avoidance.

Use graded exposure: break fears into small, manageable steps to build confidence gradually.

Reduce anticipatory worry by shortening the time between telling them about an event and doing it.

Normalise anxiety—explain that worry and fear are normal. Celebrate small wins to build resilience.



Building Skills, Structure & Motivation

Teach the 3Cs (Thought Detective):

Catch the worried thought
Collect evidence for/against it
Challenge it using the facts

Overall Wellbeing

Promote healthy routines — good sleep, regular eating, and exercise support emotional wellbeing; avoid daytime naps.

Prepare and maintain structure — organise school items the night before to reduce morning stress.

Give purpose and motivation. Link coping efforts to personal goals and the long-term value of education.



Working Together to Tackle School-Related Anxiety

Talk about school worries. Explore specific concerns and collaborate with school staff to reduce them. Avoidance makes returning harder—start support early.

Validate fears and support facing them. Help identify anxiety triggers and practise coping with them.

Work closely with schools and families. Create a sense of safety; part-time timetables should only be short-term.

Encourage friendships. Keeping in touch with peers outside school builds confidence and social support.

