

Parent's Newsletter

Issue 2

Hi and welcome to the second edition of the With Me In Mind parent's newsletter. I hope that you found both this and our first newsletter informative and useful. If you have got any feedback on the newsletter, have any suggestions for topics covered, or would like to be involved in developing further support for parents, then please email the following address with your ideas. We would love to hear from you at:

rdash.with-me-in-mind@nhs.net



Worry

Worry and anxiety are perfectly normal emotions which we will all experience over many occasions throughout life. Sometimes worry and anxiety are accompanied by other emotions such as nervousness, fear, panic, even anger. When we experience anxiety, our bodies go into fight, flight or freeze mode; this is our body's way of reacting to a perceived threat. The bodily symptoms of anxiety, such as increased heart rate, sweating, shakiness, headaches, butterflies in our stomach etc., spur us on to very quickly decide whether to fight, flee or freeze from a threatening situation. Life is often very fast paced and demands a lot of our time and energy. We all have our own definition of what situations are threatening to us, our perception is shaped by our experiences; what you might find scary, another person may find easy to deal with. Just being aware of when our body is going into fight, flight or freeze mode can be a huge tool for enabling us to overcome our worry & anxiety.

Anxiety video

We are excited to share with you this amazing video that explores anxiety within children during the COVID-19 global pandemic. Given that this is an anxiety provoking time for all of us, we thought it may be useful to explore how this may be affecting your children within the home. By watching this video, you will learn about what anxiety is and what types of things your child may be feeling anxious about right now. Furthermore, symptoms of anxiety and how anxiety may be communicated is discussed to give you a deeper understanding of how you can recognise this within your child. This is followed by some top tips for you to follow in order to support your child throughout this challenging time.

Just click on the video to play.



At the end of the day, the most overwhelming key to child's success is the positive involvement of the parents.

Jane D. Hull



HealthyPlaces.com

If the video doesn't play please copy and paste the following link in to your internet browser: <https://youtu.be/-K5h4ar06NI>

"Treat a child as though he already is the person he's capable of becoming."

-Haim Ginott

Useful contacts

Early Help 01709 255260
CAMHS 01709 304808
Rotherham Parent Carer Forum 01709 296262
SENDIAS 01709 823627

0-19 service,
including school nurses and health visitors. 01709 423333.

YoungMinds
Parents worried about their child can call the parents helpline on 0808 802 5544.

Samaritans 116 123,
HOPELINEUK

For young people at risk of suicide, or those who are worried about a young person at risk of suicide.

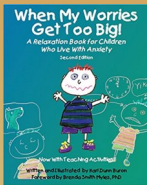
Call: 0800 068 41 41

Rotherham Gismo,

Support and advice that is offered locally
<https://www.rotherhamgismo.org.uk/>

Book reviews

We thought it would be nice to share some of the books that we find working with children really helpful. These are books that you can share with your child and hopefully help



When my worries get too big. By Kari Dunn Buron

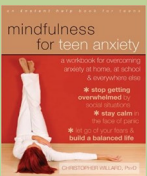
Big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. Such emotions can at times lead to a loss of

control, such as screaming or throwing things. This book aims to help children learn new skills that will help them to keep calm at times of stress and anxiety. Hopefully this will help children feel relaxed and ready to focus on work or play!



What to do when you worry too much. By Dawn Huebner

What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behaviour techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.



Mindfulness for teen anxiety. By Christopher Willard

Being a teen is hard enough without anxiety getting in the way. This book offers teens mindfulness-based practices to help you cope with anxiety, identify common triggers (such as dating or school), learn valuable time-management skills, and feel more calm at home, at school, and with friends.

You'll learn tips for dealing with specific situations that cause anxiety, such as social anxiety. Also learn special breathing exercises to help calm you in moments of panic, and guided visualization exercises to help you stay cool and collected.

Activities to help manage worry

Sometimes it helps to put our worries away, till we can have some quiet reflective time to think about them later in the day. Making a container such as a worry monster or worry jar can hold our worries for us. It's also a good way to write worries down we might find hard to talk about with people. Giving children of all ages the opportunity to write down their worries and talk about them with a trusted adult can really help.



Making a worry monster

You can make a monster out of a box, an envelope or even a brown paper bag. You can add eyes and a face, anything you like!



Making a worry jar

Older children may prefer to have a worry Jar. You could make a jar using any empty jar or any container with a lid.



WORRY DOES NOT EMPTY
TOMORROW OF ITS SORROW;
IT EMPTIES TODAY OF ITS

— Strength —

Find further information at
<http://www.withmeinmind.co.uk/>

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