

How to spot signs of..

Anxiety

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

Ages 3-6 years:

- Regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting
- Showing greater fear at being separated from you
- Tantrums
- Trouble sleeping

Ages 7-10 years:

- Expressing sadness, anger or fear
- Sharing false information that they're hearing from their peers or seeing online
- Wanting to talk about coronavirus all the time
- Not wanting to talk about the current situation at all
- Having trouble concentrating

Ages 11 years plus:

- Acting out – this might include things like picking fights with you or with siblings or abusing alcohol or drugs
- Becoming afraid to leave the house
- Distancing themselves from their friends and family
- Exhibiting intense emotions but being unable to talk about what they're feeling

We've put together some resources to help you support your child. We hope you find this information helpful.

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by contacting us on the school phone number 01279 866504