

Tips for Parents/Carers:

The Expert Parents' Guide to Childhood Anxiety

Calming and breathing strategies:

Finger breathing

Self-Soothe boxes

3 ways to calm down...

Anxiety support:

Using music to flip your mood

Positive Affirmations

Safe Space Visualisation

Mindful Moments

Worries vs problems

Worry detective

4 ways to support a child with anxiety