

# Worried or Anxious Children and Young People: Information and Resources for Schools and Parents



The current situation (COVID-19) has raised the anxiety levels in a number of children and young people. However we define this need e.g. anxiety, worriedness, uncomfortable feelings etc. we have to acknowledge that for some children and young people, the changes in routine, coupled with the potential health risks for themselves, family and loved ones brought on by the COVID-19 situation has meant that they are reluctant to return to school.

Although certain levels of anxiety are normal and a natural part of growing up, in the current climate some children and young people may experience levels of anxiety which have an impact on their functioning and school experience.

The resources set out in this document are a starting point for schools and parents to work with the child/young person to try and normalise these feelings. We would expect these resources to be used before a more 'formal' referral is made into services for individual support.

## Information for parents

If your child is reluctant to return to school, you need in the first instance to speak to the school about your concerns in order to plan together a way forward.

Some of the strategies you also might want to consider (and that you can do with your child at home) are listed below:

- Practice getting outside each day even if it is only for a few minutes
- If you are talking walks, walk to the school, walk around the school
- Remind your child of the things they enjoyed most about being in school
- Liaise with the school to see if they will agree to a 'visit' to the school out of normal school hours (to help your child realise and visualise the protective measures that schools have put into place)
- Normalise your child's concerns, worries or anxieties: encourage them to talk about them. Acknowledge their emotions
- Practice getting outside each day even if it is only for a few minutes
- If you are talking walks, walk to the school, walk around the school
- Remind your child of the things they enjoyed most about being in school
- Liaise with the school to see if they will agree to a 'visit' to the school out of normal school hours (to help your child realise and visualise the protective measures that schools have put into place)
- Practise the school routine from getting up at the normal time, putting on their uniform, having breakfast, then taking the journey to school. Also reinforce usual bedtime routines.
- Look at the school website together
- Ask the school, if possible, to create a photograph book of key staff, classrooms, cloakrooms, playground, toilet area etc so that you can look at it with your child each day before returning
- Create an 'All About Me' book for your child to take into school when they return

# Information for Parents and Schools

## Information from Health Visitors

### Virtual Clinics

The new virtual clinics we are running

- [Health Visitor Clinic](#) - Mon to Fri 09:30am till 10:30am
- [Infant Feeding Clinic](#) - Mon, Wed, Fri 12:30pm till 1.30pm
- [School Nurse Clinic](#) - Wed 13:00pm till 14:00pm
- [Emotional Wellbeing drop in Clinic](#) - Tues and Thurs 14:00am till 16:00pm

You can access them via NHS Attend Anywhere.

- The links for each clinic are posted above, if you are using a PC you will require google Chrome. For smartphones there should be no issues.
- There is no appointment required, during the advertised clinic times, you can access the clinic via the link above, where you will be put into a waiting room. You can also scan the QR code on the flyers that we have attached to this post.
- We are more than happy to answer questions or take feedback. To do this you can message our Facebook Page or ring our single point of contact on 0300 003 1918.
- This telephone number is also available for all of the above support, outside of clinic times, during the hours of 08:30am to 17:00pm
- We are also running a Virtual breast feeding café along side the infant feeding clinic. This is accessed via email. We ask Mums to supply there email address to [hdfc.infantfeeding.gateshead@nhs.net](mailto:hdfc.infantfeeding.gateshead@nhs.net) and they are then invited to a Video conference call with a breast feeding HV and Early years practitioner at the allotted time, Mon, Wed, Fri 12:30pm till 1.30pm
- All information is regularly shared on our Face book page and the clinics can also be accessed form the HDFC webpage.



### Information from Primary Behaviour Support Service

Information, including advice on transition and dealing with anxiety issues can be found on: <https://educationgateshead.org/education-support-service/>

### Information from SENIT

Schools and settings can access resources to support children with SEND, stored on eGHub. The advice is appropriate for Early Years settings, Primary and Secondary schools. It includes Social Stories to support children prepare for the return to school, and a Transition workbook for pupils moving from Year 6 to Year 7.

<http://eghub.eschools.co.uk> or on <https://educationgateshead.org/hint/>

### Information from SEN

The RISE team works with young people in schools across Newcastle and Gateshead to help support their emotional and mental wellbeing.

The RISE website is: <https://www.rise-ne.co.uk/>

There is also Anna Freud: [www.annafreud.org](http://www.annafreud.org)

There are also a number of “self help” leaflets for Parents on: <https://web.nrw.nhs.uk/selfhelp/>

### Information from Educational Psychology

[Little Elf Stories](#), which help children and young people to understand and manage anxiety

Everybody worries [ebook](#)