

KixCare TIPS

How Can We Support Some of the Youngest Society Members When They Experience School Anxiety?



The first years of school are incredibly large milestones in a child's life, so how do we support them when they are struggling?

- 1 Invest in your relationship with your child.** Children need to have at least one adult who they trust and can communicate openly with.
- 2 Children also like routine to feel secure.** Make sure they are getting enough sleep and eating well at regular times will give them a sense of control.
- 3 Take time to dig in and understand what is bothering your child.** The more information you have on why your child does not want to go to school, the easier it will be to offer support.
- 4 Be clear to your child that not going to school is not an option.** Validate what they are feeling but encourage them that they can cope with the stressful situation and get through it.
- 5 Connect with the school - it can be very helpful to share with school officials that your child has a mental health challenge.**

Cut here for a colouring sheet for your little one

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