

Healthy Living

Supporting Children with Anxieties



If children feel secure, happy in their environment, well respected, and well cared for by the staff responsible for them, they will learn and develop.

Children with anxieties about the care provided can be unsettled and may present behaviours that challenge. Some children may not be able to express how they feel and say what it is that is causing their anxiety.

Task

How will you know if a child has a problem? Discuss possible indicators and what your observations of children could be telling you about how a child is feeling.

Spend a little time individually or as a group, to reflect on your current practice. What opportunities do provide for children with anxieties? How could you support a child to become more secure in their environment?

Task a member of staff with researching best practice from reputable sources such as:

- [Action for children](#)
- [NHS moodzone](#)