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28th September 2023

Dear Parents and Carers,

Supporting Children Experiencing Anxiety

We would like to invite you to a session for parents focusing on 'Supporting children with Anxiety'. This will be taking place on Thursday 9th November 9am -10am at Spurcroft.

This is particularly geared towards parents of children who are experiencing anxiety. Anxiety can, for example, make us feel very upset and get in the way of the things that we would like to do. Common types of anxiety in children include:

- Fear of specific things, (e.g. dogs), or of places, (e.g. the dentist)
- Fear of being separated from your family
- Fear of the unknown or uncertaninty
- Fear of social situations
- Panic: Fear of disaster or being out of control
- Worries about upcoming changes, such as changing school.

For children experiencing these difficulties, learning a little more about anxiety and ways of overcoming it can be helpful.

If you do think this session will be helpful to you in supporting your child, please feel free to come along, where tea and coffee will be provided and professional support to help you.

Kind regards,

Mrs K Flowerdew
Headteacher