

Supporting my child in coping with anxiety

*MWS is an MSF appointed social service agency conducting the Positive Parenting Program (Triple P)

Parents, how are you feeling as your child enters into term 4? Feeling stressed or anxious? How does anxiety affect your child? Some of them may be more easily distracted and be unable to complete their preparation, and others may not be able to sleep well. Let's find out how you can be a support to your child in coping with anxiety.

What are some bodily changes your child experiences when feeling anxious?



Increased heart rate



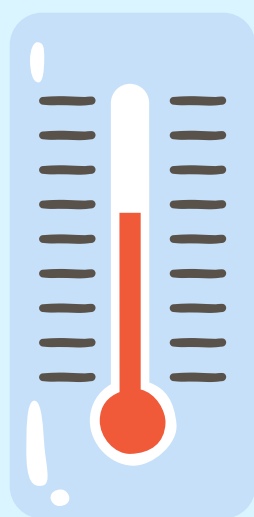
Rapid breathing and sweating



Upset stomach and panicking feeling



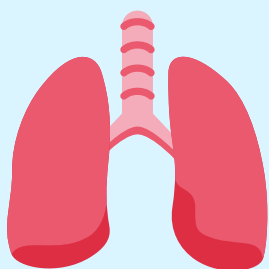
An urge to run away



Do an anxiety check with your child with these questions

1. How often am I anxious? Most of the time?
2. How intense is my anxiety on a scale of 1-10?
3. What are my bodily changes?
4. How is my anxiety affecting me?

5 ways your child can use to take control of anxiety



TAKE CONTROL of our breathing. How? 1) Close your eyes. 2) Imagine a balloon on your chest. 3) Breathe in slowly through your nose and picture yourself filling the balloon. 4) Hold your breath and count to five. 5) Breathe out slowly to become a deflated balloon. 6) Repeat.



Visualise a POSITIVE OUTCOME. Close your eyes and picture your exam day. Walk into the room and sit at your desk and take out your pen. When it is time to start, turn over the paper and calmly read through each question. Answer all questions and leave time to check at the end. Leave the exam hall afterwards.



TALK to a trusted friend, parents, or a counsellor.



EXERCISE and sweat it out! This increases the activity, and the release of dopamine and serotonin helps us to relax!



Remember to eat well, have enough SLEEP and stay positive!

Still need more support for parenting?

Scan the QR code for FULLY SUBSIDISED one-to-one coaching sessions with our MSF-accredited family life educators to learn more!

Alternatively, you may use the following url:
<https://forms.office.com/r/t8L04NQfQL>
For more enquiries, please email:
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