



# Therapeutic Parenting

# STRATEGIES AND SOLUTIONS



## Anxiety

Anxiety is a central core emotion, which manifests through many different behaviours.

### What it looks like:

- Clinginess.
- Close monitoring of parent or others.
- Following.
- Repetitive behaviours.
- Strong connection to objects to self soothe
- May appear obsessive.
- Chewing clothing.
- Biting nails, picking sores.
- Inability to settle or be left alone.

### Why it might happen

- Fear of parent/carer or other adults- inability to trust others to keep them safe.
- Fear of abandonment- traumatic separations, grief and loss.
- Fear of starvation
- Fear of invisibility.
- A need to predict the environment.
- Fear of change/transitions.
- Separation anxiety.
- Blocked trust.

## Preventative Strategies

- ✔ Make life predictable and safe
- ✔ When is it a good time to share information
- ✔ Choose carefully which events to attend
- ✔ Fiddle Toys

## Ongoing Strategies

- ✔ In a busy household, simple touch can reassure
- ✔ Use empathic commentary to help them recognise when the anxiety levels are rising.
- ✔ Give lots of reassurance

Access further support via Wyre Family Hub

## CONTACT

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