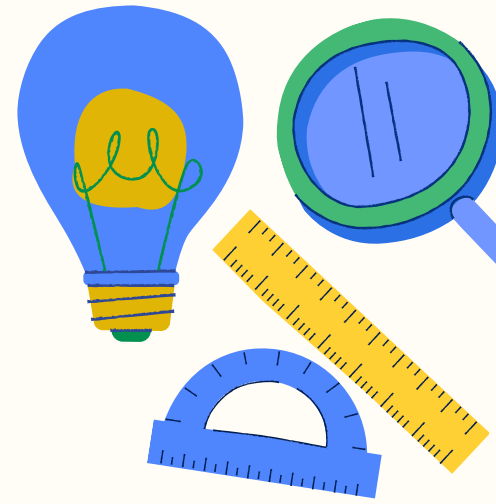




Special Educational Needs & Disabilities (SEND) Newsletter

MARCH 2026

SPOTLIGHT ON...
ANXIETY



**Just like adults, children and young people feel worried and anxious at times.
But if your child's anxiety is starting to affect their wellbeing, they may need some help.**

What makes children anxious?

Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up. It's also common for preschool-age children to develop specific fears or phobias. These fears usually go away gradually on their own.

There may also be other times in a child's life when they feel anxious. For example, many children feel anxious when going to a new school or before tests and exams. Some children feel shy in social situations and may need support with this.

Starting secondary school can also be difficult. The school is bigger, your child might be amongst less familiar children and is responsible for managing their day with independence.

When is anxiety a concern?

Anxiety becomes a concern when it starts to get in the way of their everyday life.

Anxiety can start to cause difficulties for your child when:

- it's very strong, or getting worse, and does not go away
- it gets in the way of daily activities, stopping your child doing things they enjoy

Why is my child anxious?

Some children are more likely to have worries and anxiety than others. They often find change difficult and may become anxious following a house move or when starting a new school.

Family arguments and conflict can also make children feel insecure and anxious.

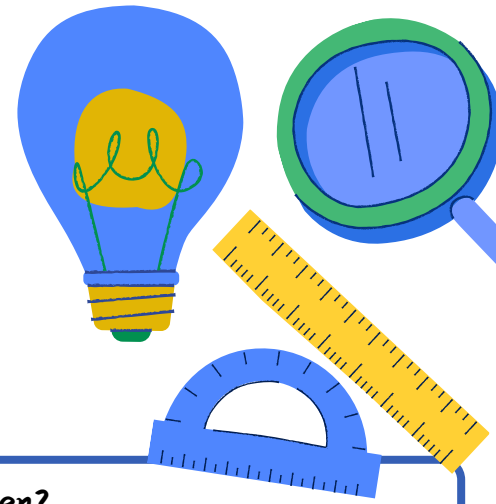
At school, children may feel anxious about things like school work, unkindness or being lonely.

They might struggle with things like the noise of other children in the school.



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What are the signs of anxiety in children?

- Become irritable, tearful or clingy
- Have difficulty sleeping
- Wake in the night
- Start wetting the bed
- Have bad dreams
- Often have stomach aches or headaches

In older children you may notice that they:

- Lack confidence to try new things or seem unable to face simple, everyday challenges
- Find it hard to concentrate
- Have problems with sleeping or eating
- Have angry outbursts
- Have a lot of negative thoughts, or keep thinking that bad things are going to happen
- Start avoiding everyday activities, such as seeing friends, going out in public or going to school

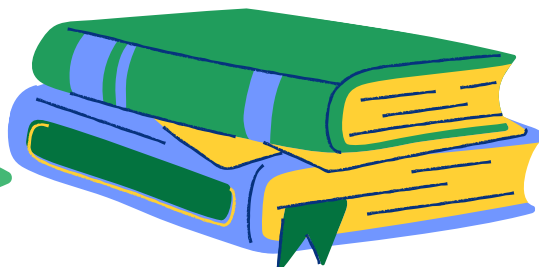
USEFUL WEBSITE LINKS:

[Tees Valley Getting Help Service - Parent & Carers](#)

[NHS - Anxiety in children](#)

[YoungMinds - Parent support](#)

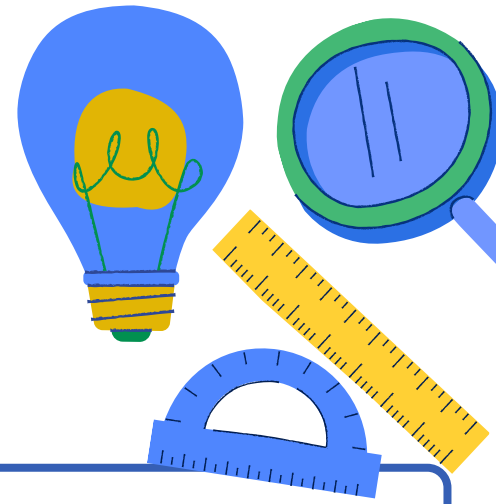
[Anxiety_UK](#)





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How to help

- Talk with your child to find out what makes them feel anxious. It could be certain times or situations
- Think of ways to find solutions to make things better at home and school
- Teach your child to recognise signs of anxiety in themselves
- Encourage your child to manage their anxiety and ask for help when they need it
- Try to stick to regular daily routines, where possible
- Help them to understand their feelings and realise it's normal to feel sad or anxious after certain situations
- If you know a change is coming up, prepare your child by talking to them about what is going to happen and why
- Try not to become overprotective or anxious yourself
- Practise simple relaxation techniques with your child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3
- Distraction can be helpful for young children
- Turn an empty tissue box into a "worry" box. Get your child to write about or draw their worries and "post" them into the box. Then you can sort through the box together at the end of the day or week

Contact Info

In the first instance, please contact your child's class teacher.

Email: awcontact@acklamwhin.co.uk

Phone: 01642 813938

KEY MEMBERS OF STAFF

Miss Tarran - SENDCo
Mrs Ward - S&L support
Mrs Trodden - SEND support
Mrs Butchart - SEND Governor

