

## **\*\*\* Parents self-help section! \*\*\***

Here we can sign-post you to some of the different websites online which offer help and advice to parents.

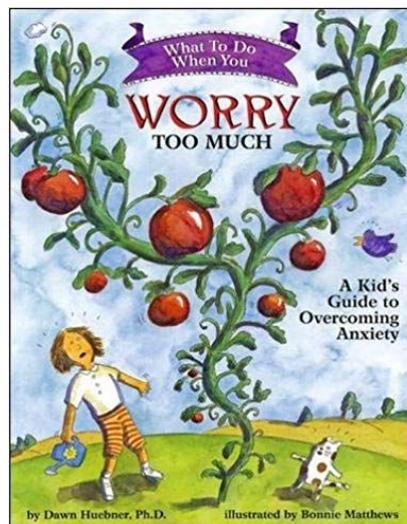
### **Do you have an anxious child?**

Follow the link below for some useful guidance on helping your child overcome anxieties:

<http://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>



**\*\*\*\* Recommended self-help anxiety book \*\*\*\***



***What to Do When You Worry Too Much* (A child's guide to overcoming anxiety) by Dawn Huebner is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety.**

**Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.**

## **Self esteem**

Is your child having problems with self-esteem? Try following this link which gives some useful advice to parents:

<http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

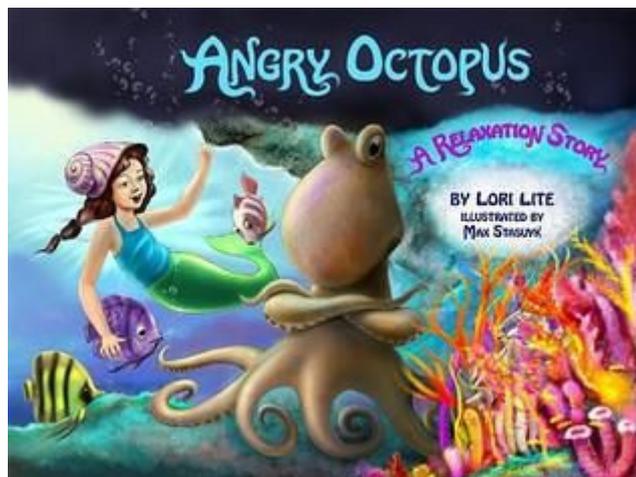


## **Parental advice on anger management**

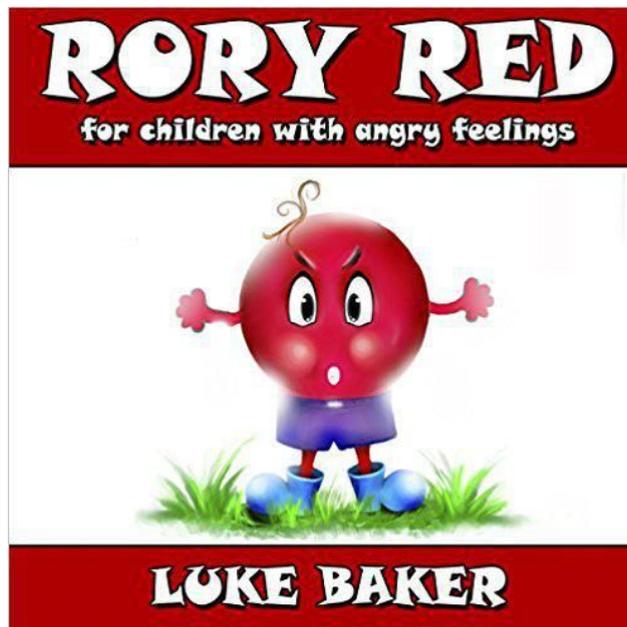
Help with those 'hot feelings' - some tips and information for parents/guardians about managing anger in children:

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>

**\*\*\*\*\*Recommended book\*\*\*\*\***



An anger management story for children written by Lori Lite. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. Children love to unwind and relax with this fun exercise known as progressive muscular relaxation. This effective stress and anger management technique focuses awareness on various muscle groups and breath to create a complete resting of the mind and body. This is a great little story to help children understand that they are in control of their emotions. It focuses on the ownership of feelings and emotions and taking command of the situation.



This book uses CBT at its core to help younger children understand their angry feelings and make the necessary changes to regulate their emotions. The book was written by Luke Baker, a former ELSA! The book is about The Red family and their youngest member Rory. Rory Red is very angry all of the time. He wants to change but is told by both parents that 'It is just who you are.' Rory wants to change and one day meets a new friend Yasmine Yellow. Yasmine shows him the way and helps him to understand how he can change.

The book leads the child through the different stages of anger such as triggers: 'someone being mean to him', 'when he can't go out to play because it is raining', 'when he isn't allowed his dessert'. It takes the child through the physical effects of anger such as breathing heavier, his heart beating harder and faster. It also looks at Rory's thoughts such as: 'hit them!' 'break something!' 'say bad words!'. Yasmine helps him by suggesting different calming techniques to help him cope with his anger.

Delightful, simple illustrations that children will love. The language is simple and easy to understand. This book would be perfect for EYFS and KS1, (possibly even Lower KS2).