



SEPARATION ANXIETY



It can be hard to leave the ones we love and the places we feel safe, even if it is only for a little while.



You may feel scared, upset and worried.

People of all ages, big or small
can feel worried about being
away from the ones they love.
This can be a normal part of
growing up.



But, when this worry is starting to make you very upset and is starting to make you feel poorly, such as feeling sick or having a tummy ache, you may need a little help.



You may feel:

- Scared
- Angry
- Upset
- Worried
- Frustrated
- Confused

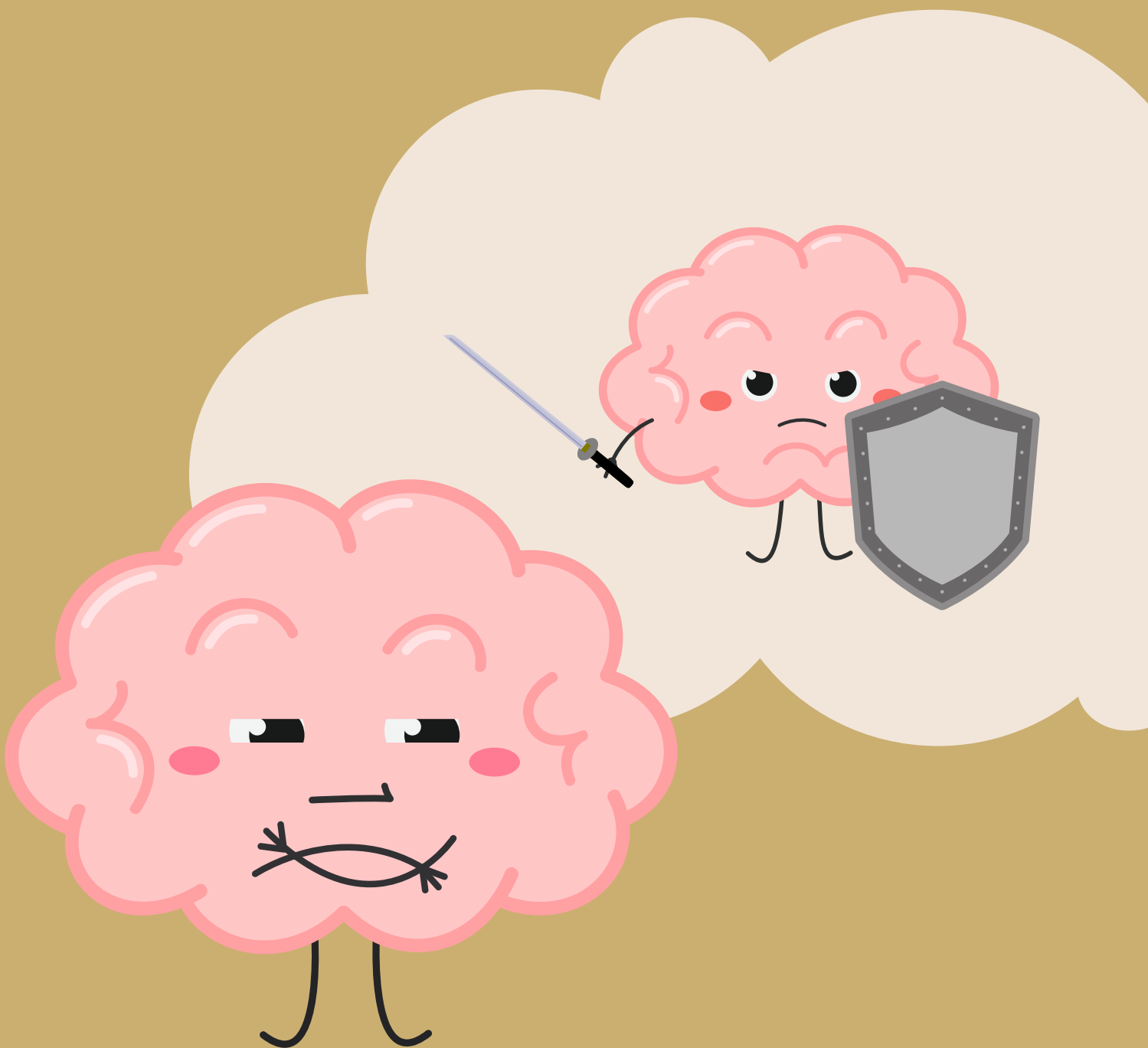
You may also feel physical symptoms too, such as feeling sick or stomach aches.



Take a look at our monster below, can you point to where our monster might feel worry in his body?



Worry and fear are both normal feelings that help to keep us safe from danger. Our brains love to keep us safe.



This is why it's natural to want to
be with the people we feel safe
with all the time.



However, as we grow up and become older, it's important that we start to feel more independent and explore a world away from the ones we love.



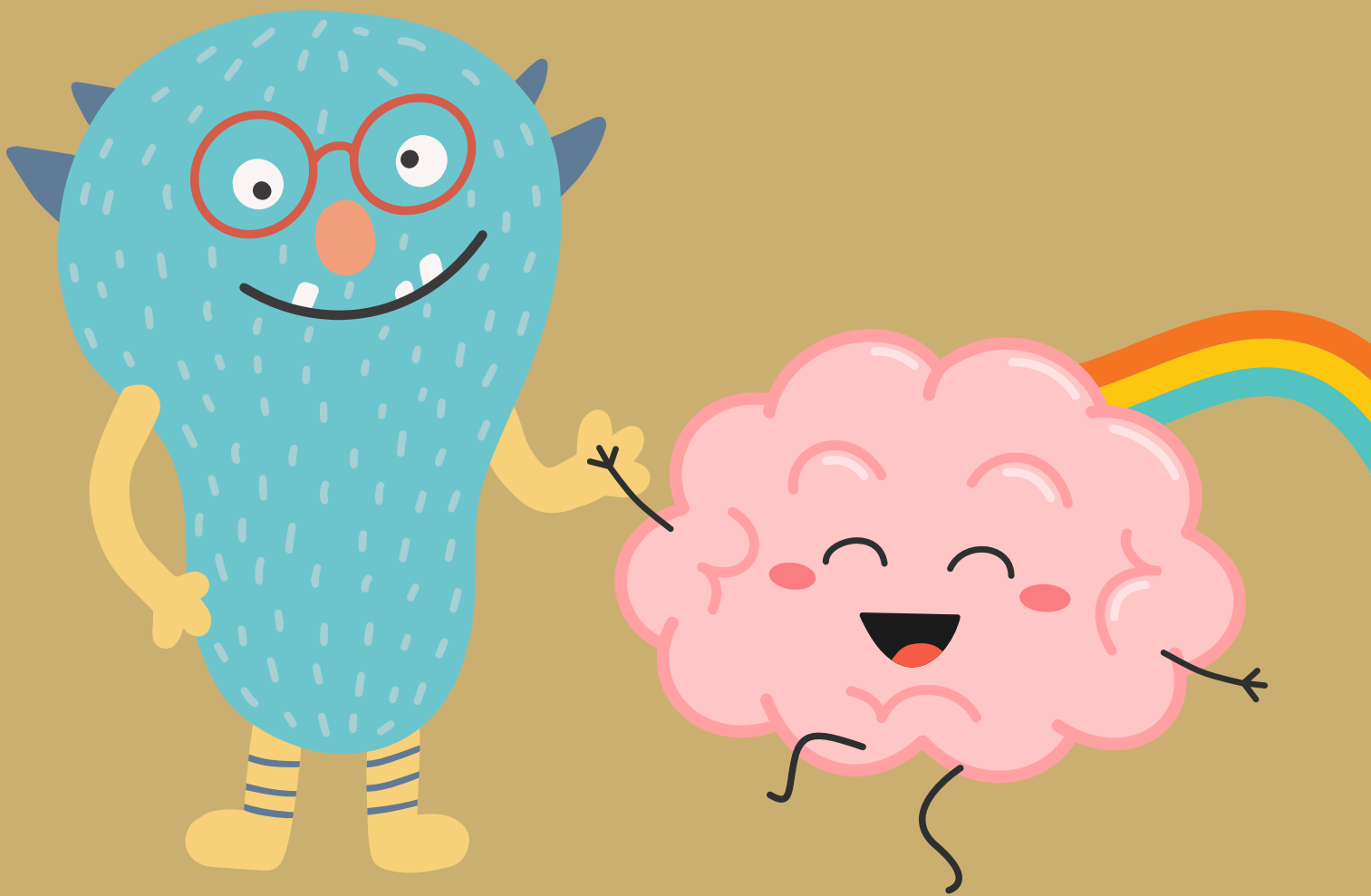
This may seem scary, but it can also be very exciting! Going to school, making new friends, and joining sports clubs are all natural developments in our lives.



Sometimes, when we feel really worried, we may need help from a doctor or healthcare professional.



Doctors and professionals can help us understand our worries and think about ways we can help ourselves.



There are also things we can do at home to help us feel calm.

Can you think of three things
that help you to feel calm?

1. _____

2. _____

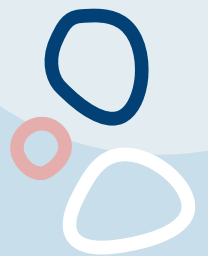
3. _____



Next time you
feel scared or
worried, try one
of these!

It's important to remember,
that although it feels scary
being away from the ones
we love, it is a part of
growing up and becoming
more independent.

HAVE A NICE
DAY!



In summary:

Feeling scared or worried to be apart from the people we love is normal and a part of growing up.

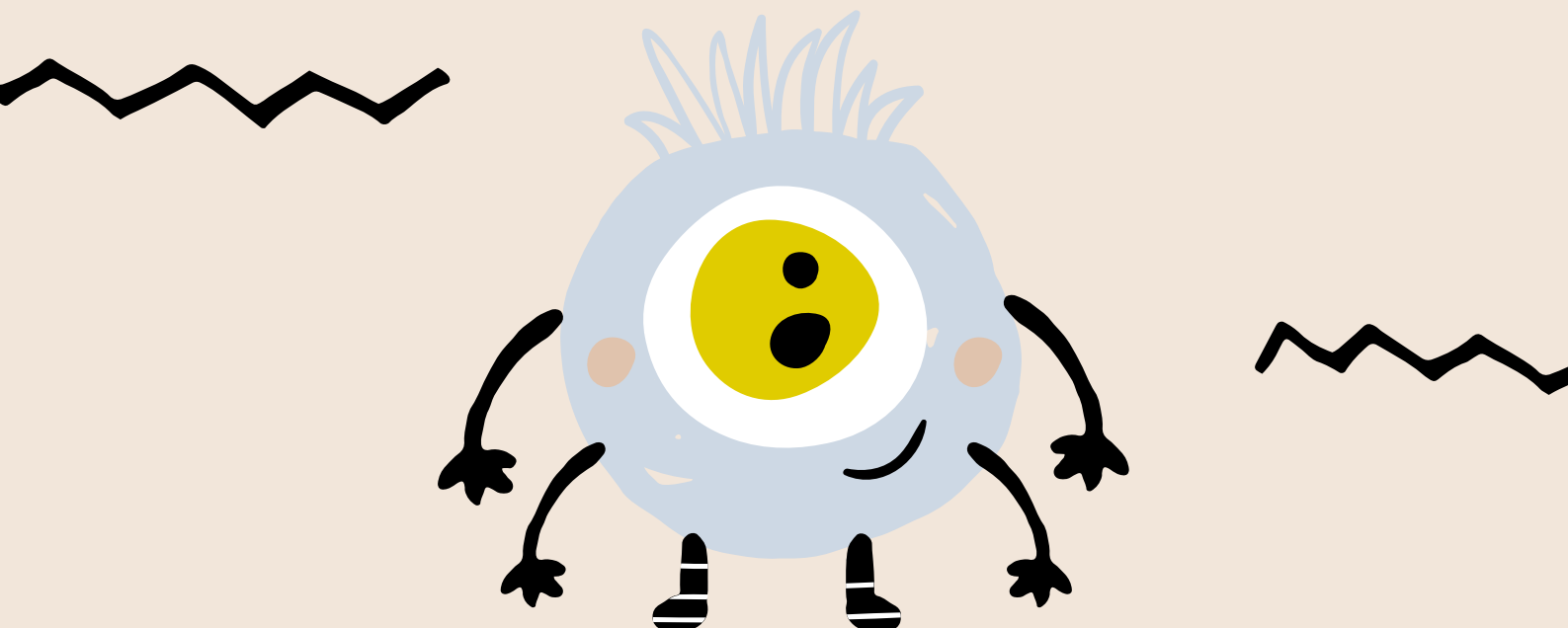
Worry and fear keep us safe from danger.

When worrying is starting to make us feel upset or poorly, we may need some help.

Practising things that help us to feel calm can help us to feel better.

Sometimes, we may need help from a doctor.

Learning to be independent can be hard but exciting, and in time you will begin to feel better.



Do you have any questions that you would like to ask?



HAPPY

Download resources and activities to help with separation anxiety from the Be Happy Hub now!



Just £1.99
a month!

Sign up: www.behappyresources.co.uk

For grown ups

QUESTIONS TO ASK:

? Has this helped you?

Ask if this book has helped them understand more about separation anxiety, and explore anything they don't understand.

? How does this anxiety make you feel?

We are all different and helping the child to recognise their own feelings and triggers means you can help to manage them.

? How do you feel after this booklet?

It's important to assess emotions after talking about mental health, ask the child how they feel and what you can do to help them feel calm if they are distressed.

? What helps you feel calm?

As mentioned in this booklet, it's important to find ways to calm your child and that they also learn and recognise these too. This way they can put them into practise more easily.

? What should you do if you feel very anxious and can't calm down?

Tell a grown up, do a calming technique, and remember, all thoughts and feelings are normal and valid.

For grown ups

TIPS FOR DEALING WITH SEPARATION ANXIETY

Make a plan and stick to routine

Talk to the child about what is happening and when, make sure they know where they will be and when you will be back. Go into as much detail as possible and try to stick to a routine.

Create your own goodbye ritual

Perhaps it's a secret handshake or a special kiss on the nose, but keep it short, sweet and positive and try not to prolong it.

Try to keep your own stress under control

Children learn from us, try to keep the goodbyes positive and calming and aim to keep your own stress levels under control. For example, rushing about in the morning because you're late or have stressed about the day ahead may leave your child feeling worried about their own day.

Talk about what you'll do later

Talk about all the things you will do together once you pick them up, even if it's just something as simple as riding in the car to go home together and playing a game of 'I spy.'

Leave something comforting

A teddy or something that belongs to you can help to comfort them. Check out our 'Half my Heart' resource in our Hub!