

Want to find out more?

Useful Websites & Organisations

- www.keepkidshealthy.com
– see section on 'Fear'
- www.bbc.co.uk/parenting/your_kids – advice on confidence building



For more information and support, you could try talking to your:

- CHILD'S TEACHER
- SCHOOL NURSE
- GP

ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ
ਵਿਰਾਮ ਕਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਇਨਫਰਮੇਸ਼ਨ
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدائرة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo
af Soomaali ah fadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ پبلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لطفا برای دریافت این جزوه به زبان فارسی یا سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務

বাংলায় এই লিফলেটের একটি কপি র জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে
0800 083 7921 এই নম্বরে।

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TIP SHEET
FOR PARENTS OF **3-11** YEAR OLDS

Understanding Children's Fears



It is very common for young and growing children to become frightened of people, events or possible disasters during childhood.

Usually, these **worries** don't last for long because children **understand** things better as they get older.

● But sometimes a fear becomes so strong that it stops a child from living normally – sleeping, playing, going out or going to school

Here are some **tips** on how you can help your child to **cope** with and get over any fears before they become **phobias**

Helplines, Advice & Information

- Parentlineplus
0808 800 2222
www.parentlineplus.org.uk
- Manchester Children's Information Service
0800 083 7921
- www.manchester.gov.uk
(follow links for 'Children & Families' or 'Parents')

* In this leaflet, the term **'parent'** includes **carers**, such as **grandparents**, **foster carers** or **step-parents**

NHS

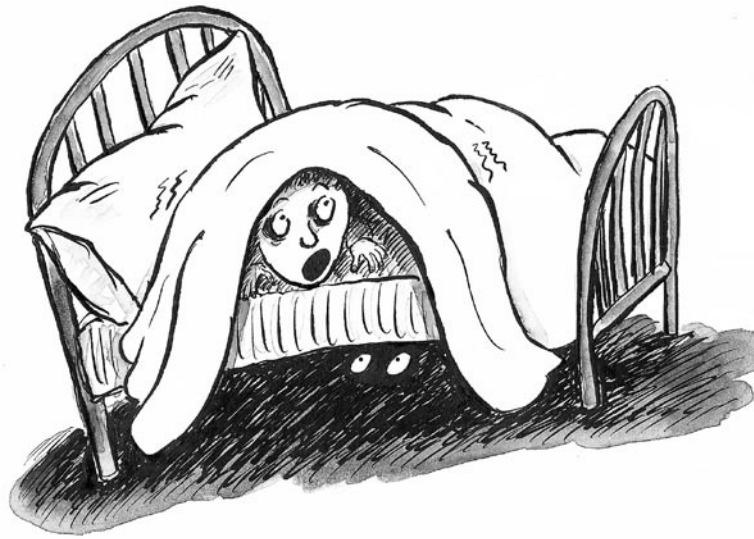


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* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.

Fear is about...

believing something bad might happen. Some fears are sensible and help to keep children safe. Others concern unreal or very unlikely events, though at first a child won't find it easy to accept this. A child may also become generally anxious about many things.



How YOU can help

TRY TO STAY CALM

Losing your cool will only increase a child's distress.

BE UNDERSTANDING

Fear feels very real to children – not just something they've dreamt up. Whatever the fear, say you accept it is real for them. Don't tease.

TALK ABOUT IT

Once you realise how the fear started and how it makes them feel, you'll see useful ways to tackle it.

DESCRIBE WHAT WILL HAPPEN AND ALWAYS TELL THE TRUTH!

- Be honest about tomorrow's injection
- Explain that thunder will follow lightning

HELP THEM TO FEEL SUCCESSFUL AND COMPETENT

...so they approach problems confidently. Praise them, invite friends over and solve problems together.

TRY NOT TO PASS ON YOUR FEARS

Try and be brave or get help with your own fears.

4-7 YEAR OLDS OFTEN FEAR...

- * The dark / nightmares / 'monsters'
- * Dogs or other animals
- * Being left at school, uncollected
- * Fire, flood, thunder storms, deep water
- * Blood, injections
- * Losing the adults they love
- * Scenes from computer games or DVDs

KEEP THEIR LIFE AS PREDICTABLE, SAFE AND LOVING AS POSSIBLE

Anxious children have often just been through difficulty and uncertainty.

AVOIDANCE NEVER WORKS. FACE FEARS GRADUALLY AND MAKE A PLAN

- Learn about dogs, spiders or thunder storms from books or the internet
- Reduce the light in, or outside, the bedroom gradually
- Teach road safety
- Talk about likely dangers and what to do

BE AWARE OF THE SIGNS

Sometimes fears come out as physical symptoms such as headaches or tummy pains.

TALK TO THE TEACHER

... if your child is scared or worried about school.

8-11 YEAR OLDS OFTEN FEAR...

- * Burglars in the house
- * Unsafe streets / 'stranger danger'
- * Death of and separation from parents/carers
- * Car, plane or rail crashes
- * Getting lost, being alone or locked out
- * Doing badly in school tests
- * Bullying/losing friends/changing school/being left out
- * Bugs, spiders and insects

ENCOURAGE THEM TO TRY NEW THINGS AND SITUATIONS

... such as different food, new activities and social occasions, but let your child set the pace.

STAY CLOSE FOR REASSURANCE, BUT DON'T OVER-PROTECT

They need to manage their fears on their own or alongside friends.



PRAISE and ENCOURAGE ALL PROGRESS