

SUPPORTING YOUR CHILD WHEN SCHOOL IS DIFFCULT

DENBIGH SCHOOL - PARENT TOOLKIT

DENBIGH SCHOOL

Aspire, Innovate, Achieve, Belong



Table of Contents

01 Understanding Anxiety Together

02 Understanding The Body's Alarm

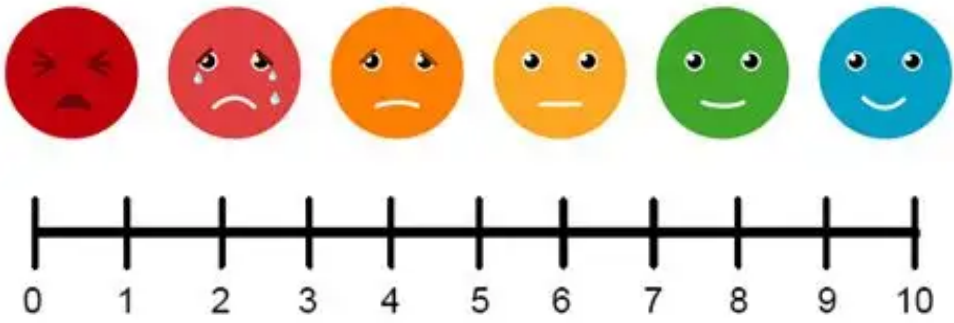
03 Naming the Anxiety

04 The Small Steps Plan

05 Calm Skills to Practice Together

Understanding Anxiety Together

A simple way to understand how big school feels for your child



Overwhelemed **Worried** **Calm**

Ask your child:

- **How big does school feel today?**
- **What makes it that number?**
- **What would help it go down by just 1?**



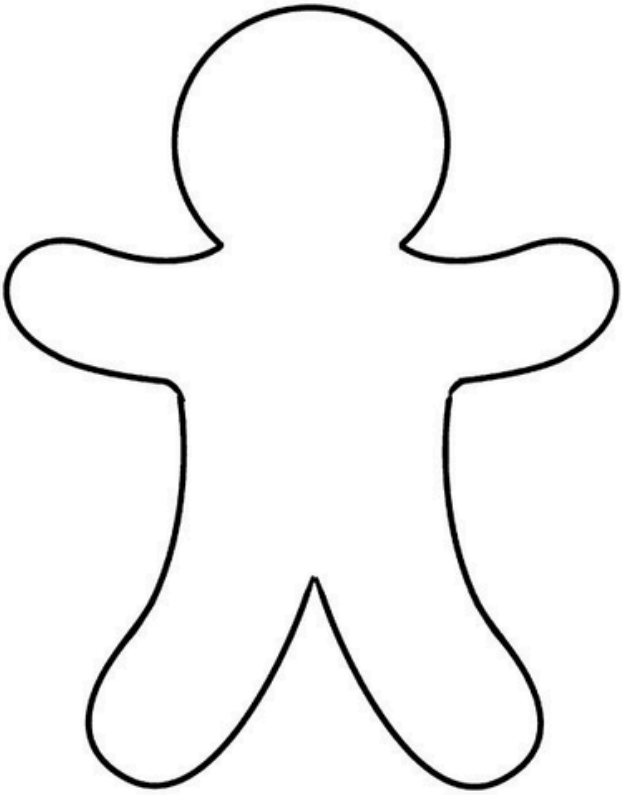
Understanding Anxiety Together

What makes it that number?

What might help lower it by 1?

Understanding The Body's Alarm

Many children/young people find it hard to describe how they feel. They may need help from the adult to give them the words to verbalize how anxiety feels to them. They might need the adult to offer words which describe the unpleasant feeling in their stomach or other areas of their body - Knots, butterflies etc



When your child starts to draw out and label their physical symptoms, ask them to create a key and select certain colours to represent the following feelings - Happy, angry, sad, scared, excited and worried. Ask them to colour where they feel that emotion in their body.

Naming The Anxiety

Once your child has shared infomation about the enviornments nad times in which they felt anxious, you can ask them to describe their anxiety, encourging them to externalize it by trying to describe it or paint a picture of it.

Ask them the below prompt questions:

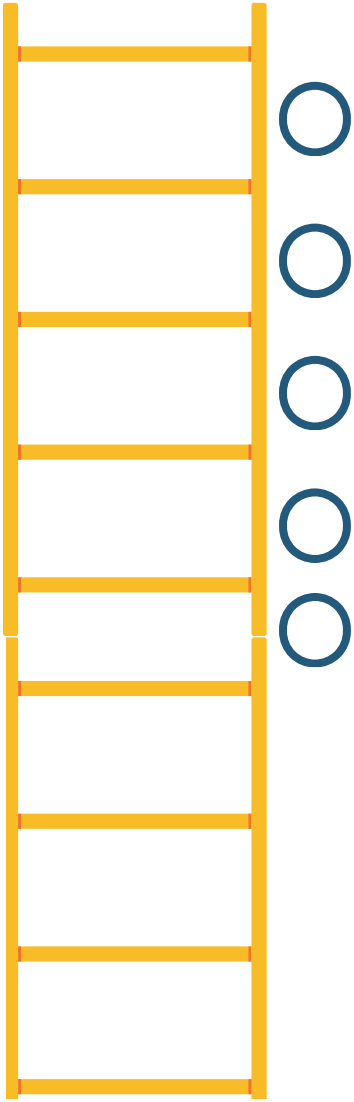
1. **What name would you give to the feeling that you experience when you think about going to school?**
2. **If it was a thing, what would it look like? What would it say?**
3. **How does the..... get in the way of you attending school? When is..... in charge and when are you in charge?**

This helps separate your child from their anxiety. They're not the anxiety, it is something they experience



The Small Steps Plan

Building a confidence ladder - small steps to build confidence. Start at the bottom and move up gradually.



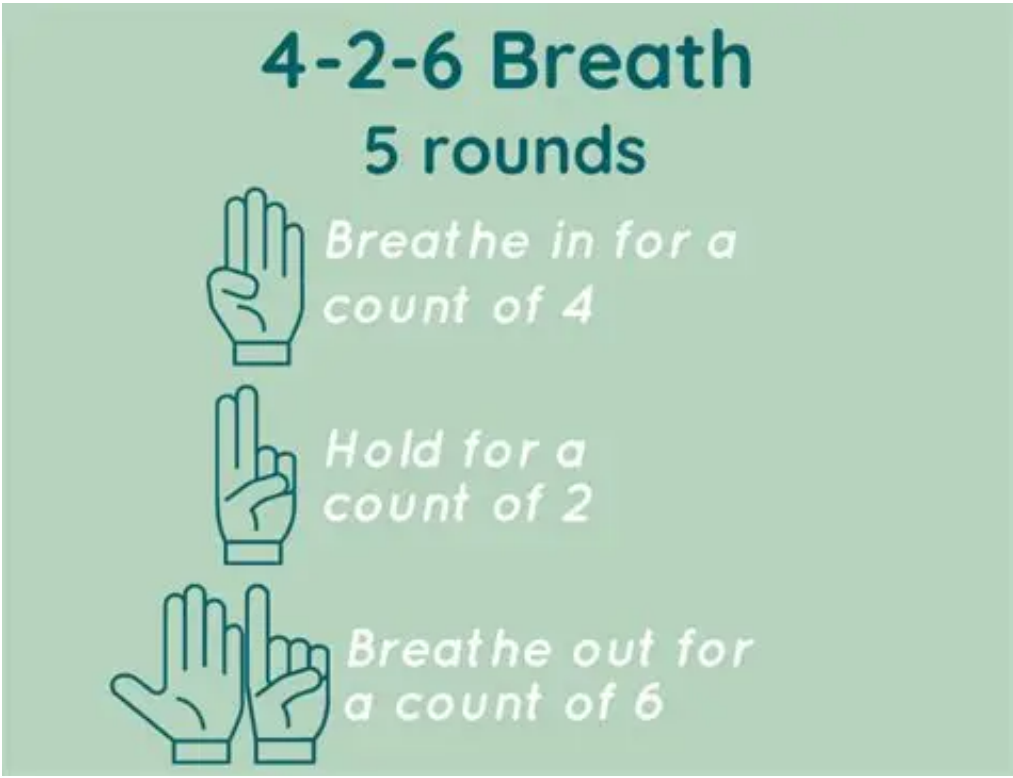
- **Full Day At School**
- **Half Day At School**
- **Stay until break**
- **One lesson**
- **Enter building**

This is a example to help your child attend school. Use this as a example to build your own. Avoid jumping too many steps at once.

Celebrate each small success, confidence grows gradually.

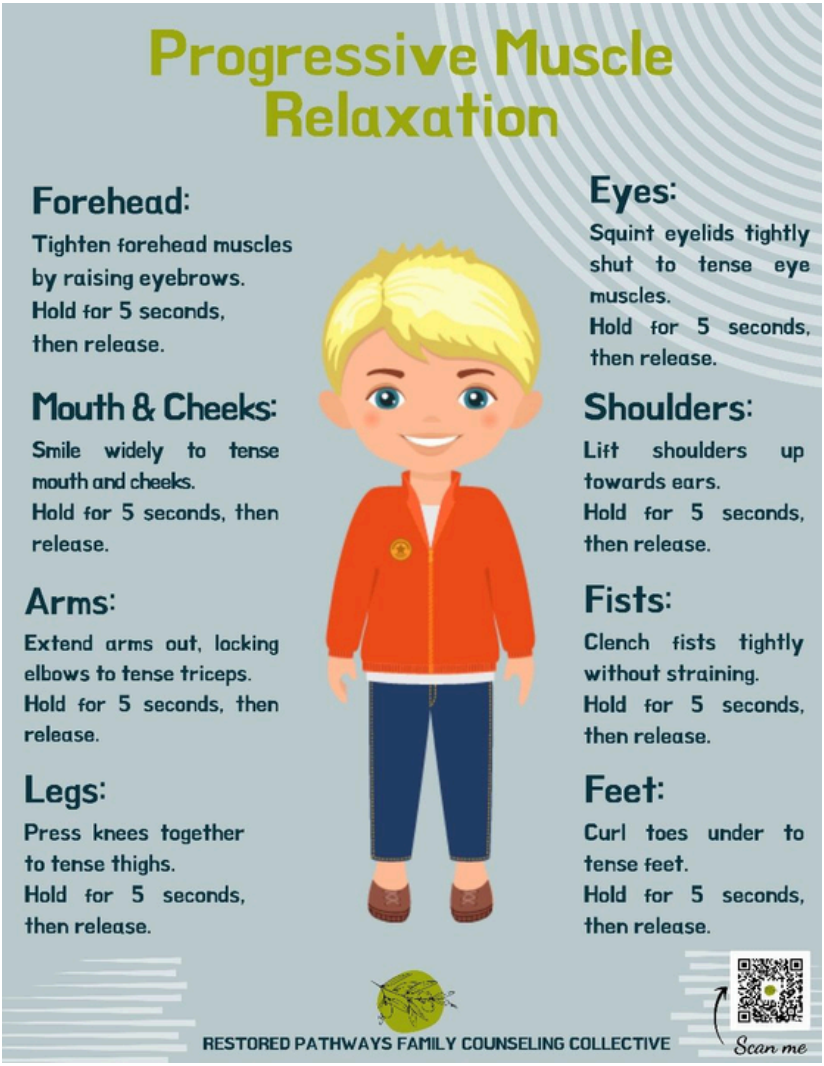
Calm Skills to Practise Together

4-2-6 Breathing



Calm Skills to Practise Together

Progressive Muscle Relax



Practise these skills when your child is calm, not only in moments of distress



Support Available

In School Support:
Your child may receive support from:

- Head of Year
- Pastoral team
- Attendance team
- Form tutor
- SEN department (where appropriate)

Local Support in Milton Keynes:
Mental Health Support Team (MHST)
Provides support for mild to moderate anxiety or low mood. Referrals can be made through school, and some families may self-refer.
📞 01908 725691

CAMHS (Child & Adolescent Mental Health Services)
For more complex or significant mental health needs. Referrals are usually made via GP or professional.
📞 01908 724228

School Nursing / 0–19 Service
Advice and support for emotional and physical wellbeing.
📞 01908 725100

Additional Support

- Kooth (online emotional wellbeing support)
- Mind BLMK
- Youth counselling services in Milton Keynes
- YoungMinds (parent advice resources)

If you are unsure which service is appropriate, please speak to the school and we can guide you.