

RESOURCES FOR PARENTS ON ANXIETY

- www.headspace.com/kids
- www.calm.com
- www.Kooth.com
- Settle your glitter – app (on I tunes store)
- www.minded.org.uk
- www.hpft.nhs.uk/wellbeing-service
- www.itsgoodtotalk.org.uk
- Books
- Relaxation tapes
- Fiddle toys / Sensory toys
- Worry dolls / worry monsters
- Breathing exercises (4 square, 7, 11)
- Yoga
- Mindfulness
- Young Minds - parent line 0800 802 5544