Wellbeing Wednesday

5th June 2024

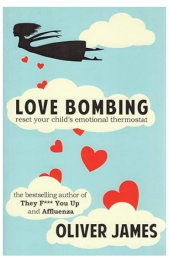
Separation anxiety

Dear parents/ carers,

Separation anxiety can present in children in a number of different ways at a number of different times. The anxiety could present in angry outbursts, freeze or withdrawal moments or clinging and refusing to let go moments too. There are **many** different reasons as to why a child might have or is experiencing separation anxiety but one of the reasons that we will explore today could be down to there being a *need* that is not being met for that child.

The above illustration gives suggestions as to what some of the needs could be. For children to feel safe and settled, they fundamentally need to feel *loved* and feel as if they have an element of *control*. However, busy lives can mean that giving over an element of control can be incredibly hard, especially with the added pressures of work, after school clubs, homework and our own self care. But making time for this can be a game changer for strengthening relationships as well as supporting children with separation anxiety.

Dr Oliver James wrote a great book called '*Love Bombing*' that breaks down the steps parents can take to 'reset their child's emotional thermostat' and rebuild or strengthen the relationship. What is lovely about the book is the steps he talk about, you will already naturally be doing most of them to support your child's development.



Love Bombing: Reset Your Child's Emotional Thermostat: Amazon.co.uk: James, Oliver: 8601200692327: Books

Other ideas for approaching separation anxiety