

HELPING CHILDREN WITH BACK TO SCHOOL ANXIETY



Are your children feeling anxious about returning to school? Social anxiety is a very natural and understandable response for many of our children. Going through Lockdown has caused growing numbers of us to feel anxious about a wide range of things, and we at Grace Church Bath wanted to point families and parents with children of all ages to some insightful resources. Members of the team at GCB have worked extensively with children and young people and with a shared Christian world-view, one of the most valuable and effective ways they have found (both professionally and personally) is to encourage children to draw close to God through anxious times. You may already have been made aware of some of the excellent resources available, both online and in print. Several of these websites have articles, podcasts, and publications that we hope you may find helpful. For more information, please contact us via our website, social media, or email.

websites

- <https://www.careforthefamily.org.uk/parenting/top-tips-for-you-during-covid-19-2>
- <https://www.ccef.org/curriculum/when-i-am-afraid-a-step-by-step-guide-away-from-fear-and-anxiety>
- <https://ibcd.org/covid-fallout-navigating-fear-anxiety/>
- <https://www.biblicalcounselling.org.uk/fear-anxiety/when-children-are-anxious/>
- <https://www.mentallyhealthyschools.org.uk/resources/supporting-children-with-anxiety-tools-for-parents/>
- <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

our links

- email:
admin@gracechurchbath.org
- website:
<https://gracechurchbath.org/>
- instagram:
[gracechurchbathuk](https://www.instagram.com/gracechurchbathuk)
- facebook:
[Grace Church Bath](https://www.facebook.com/GraceChurchBath)

books and podcasts

