

## As a parent

One of the first things you should do, is research the illness. Know your facts and be aware of the symptoms and the impact it can have on you and the rest of the family, as well as the child with the disorder.

Look after yourself and go easy on yourself. As a rule, parents tend to blame themselves if their child is unwell, and it can become physically and emotional exhausting to care for a child with a mental health disorder, but one of the best things you can do to help, is to take care of yourself too. Your child needs you, make sure you can offer the best help you can.

Seek out emotional support for yourself as well as your child. Family therapy sessions can also help.

Monitor your child's symptoms, but do not overbear them, monitor from a respectable distance, but make sure your child knows that you are available to them



The Lotus Mental Health

For more information please visit: [www.thelotusmentalhealth.org](http://www.thelotusmentalhealth.org)

Or contact us at: [thelotusmentalhealth@gmail.com](mailto:thelotusmentalhealth@gmail.com)

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# Separation Anxiety Disorder Information



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## What is Separation Anxiety Disorder?

Separation anxiety is a type of anxiety disorder which makes a person feel extreme worry and fear when they are away from their home, safe place, or the people who they feel a strong attachment to.

## What are the signs and symptoms?

- Feelings of extreme worry upset and panic when they are away from home
  - Feeling extreme worry, upset and panic when they are away from the people who they are the closest to
  - Suffer from homesickness
  - Reluctance to go to school
  - Reluctance to go on school trips
  - Reluctance to go to sleepovers
  - Reluctance to go on holidays
  - Extreme worry and fear about something bad happening to their parents/carer or even friends if they are not with them
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## What can you do?

Be there for your child, it might sound obvious, but if you don't tell them you're there, will they really know?

Be approachable – if your child wants to speak to you, give them your time

Be supportive – encourage, support and praise

Encourage exercise, family time, and integration – loneliness is a dark place

Encourage your child to openly talk about how they are feeling, without judgement and interruption

Look for hobbies and encourage down time

Actively listen to your child, listen to the words they use

Look out for symptoms

Show positivity to your child

Converse and engage. Even if it's just at mealtimes, or in the car, make use of your time together

Teach your child coping mechanisms - keeping a diary, relaxation exercises

Be proud! Even of the most basic achievements

Be patient! Don't take things personally

Get help! If your child is struggling, take them to their G.P.

Love them and make sure they know they are loved

