

PRIMARY SCHOOL

parent/Carer DROP-INS



DOES YOUR CHILD
HAVE LOTS OF
WORRIES?



DOES YOUR CHILD ASK
LOTS OF "WHAT IF..."
QUESTIONS?

Join our school link worker from the Mental Health Support Team for a chat about your child's worries.

You might notice that your child:

WORRIES ABOUT BAD THINGS HAPPENING

FINDS IT HARD TO LEAVE YOU

AVOIDS CERTAIN THINGS/SITUATIONS

FEELS SCARED/AFRAID OF SOMETHING

HAS DIFFICULTIES WITH SLEEP

IS UNWILLING TO TRY NEW THINGS

**COMPLAINS OF PHYSICAL SYMPTOMS SUCH AS: RACING HEART, FEELING SICK,
SHAKING OR FAST BREATHING**

If your child is showing any of these behaviours at home and/or at school and you would like to speak to someone about it, please contact the school reception to book a 20-minute appointment.

20 minute slots available to book on:

Monday 9th November 9.15am-11.15am
Copnor Primary School

SCAN ME!

What
to
expect:

