



# Helping Young People with Separation Anxiety



Young people of any age can feel worried or upset about leaving a parent/carer. This may be for a number of reasons which the young person may not actually be able to identify.

This activity will help a young person feel that they have closeness to their parent/carer, even when they aren't with them by keeping the visual reminder with them.

Helping a young person to have a visual reminder of the relationship they have with their parent/carer is very powerful and can be used to bring calmness throughout their day.

Often the frequency of needing to look at the object will decrease over time and eventually, just knowing that the parent/carer made the object for them or with them will be enough to remind them that they will be OK and their parent/carer will return.

This resource can help a young person through a difficult stage or period of time by helping them to feel more secure. Follow the instructions on the next page with the young person. This session is a fun way of creating something to support your child, along with spending some quality time together.

If you are the professional working with the young person, you could facilitate the session with the parent/carer and the young person.

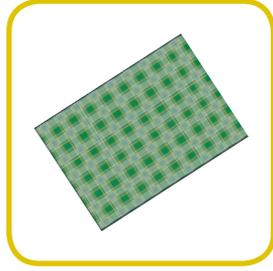


# Handprints

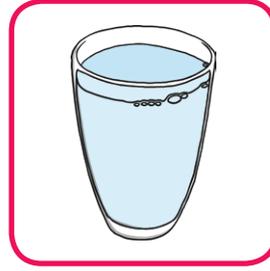
## What You Will Need:



Paint and Brushes (you will need a different colour for each person).



Fabric/ Material (an old bed sheet/ tea towel will work).



Water



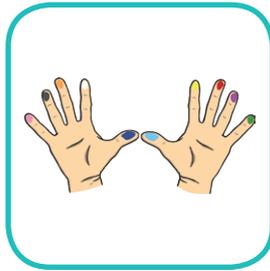
People's Hands



Each person needs to choose a paint colour.



Paint your hand and press it on the piece of material, making a handprint.



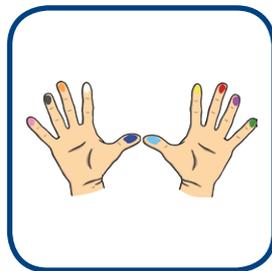
Your parent/ carer needs to paint their hand and also make their handprint.



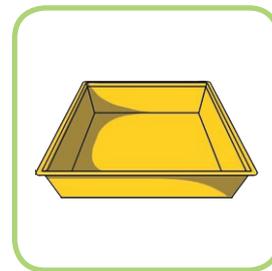
Let all the handprints dry.



Give your handprint to your parent/carer.



Your parent/ carer will give you their handprint in return.



Put them in your safe place.



If you feel sad you can look at the handprint. You have part of your parent/carer with you all the time and they are thinking about you too!

