



## EMOTIONAL SUPPORT POLICY AND PROCEDURE

Separation anxiety is the fear and worry children experience when they can't be with their parents or carers. Children with separation anxiety might:

- protest, cry or struggle when being separated from their parents or carers
- worry about getting hurt or having an accident (they might worry about their parents or themselves)
- refuse to go to or stay by themselves

Children with generalised anxiety tend to worry about many areas of life – anything from friends at playgroup to world events. Children with generalised anxiety might:

- worry about things like health, schoolwork, school or sporting achievements, money, safety, world events and so on
- feel the need to get everything perfect
- feel scared of asking or answering questions in class
- find it hard to perform in tests
- be afraid of new or unfamiliar situations
- seek constant reassurance
- feel sick when worried.

Dive In Swimming Academy appreciates the adjustments some children may need with undertaking the new processes when attending their swimming classes. To cater to those experiencing separation anxiety, the following processes will be undertaken.

- Encourage parents to contact us with any concerns prior to attending the next lesson.
- Talk to the parent or carer about how the child is feeling, what is causing their anxiety and are there any key elements we need to be aware of.
- Acknowledge the child's feelings. It's important we don't ignore or dismiss it.

- Gently encourage the child by reminding them step by step what will be taking place during their swimming class.
- Remind the child where their parents will be located and who to talk to (the instructor or floor supervisors) if they're needing their parents to be obtained for them.
- Ensure staff can locate the parent immediately.