

Our Journey - Poem by Sue

The trouble with high anxiety, trauma or attachment issues, people THINK they know what it is.

Often they don't.

They expect a child with anxiety to act in a certain way.

How could a child who seems gregarious, loud and confident, be anxious?

How can the child that was so sociable last week be a crumbling shell the next?

"She was ok, last week"

They think they can "fix it" by being firm and consistent, if only it were that easy.

They get confused or even irritated when a child APPEARS fine one week and not the next and then APPEARS fine the week after.

"What's happened at home?"

A child with high anxiety, such as my daughter, will do absolutely anything they can to hide it.

It embarrasses them.

It makes them think that they are weird.

They try desperately to act and look "normal."

They want to be normal.

This takes a huge amount of energy and effort on their part.

ALL their focus is on "looking ok" when they can barely cope with the noise, the chaos, the germs or just being.

ALL their focus is on surviving, anyway that they can in an environment that can terrify them.

ALL their focus is on pretending that they are fine.

Until they get home and they can be themselves.....

Imagine trying to learn AND using absolutely all your energy on being "normal."

Huge chunks of learning are either not learnt or quickly forgotten.

Often the anxiety is so bad that a child can zone out and not even remember being in the classroom.

That's IF they can even get into school.

Sometimes the anxiety is so great and the panic so overwhelming that this is not even possible.

So, what happens to these children?

What happens when they hear that their parents are at risk of going to prison or face huge fines, because they are unable to get into school?

They desperately want to learn - when they are calm enough.

They desperately want to socialize and have friends - when they are brave enough.

They desperately don't want to get their parents into trouble.

They desperately want to feel NORMAL.

Tuition Extra IS our Lifeline. J is able to be herself.

She is understood - her anxiety is understood.

She is accepted and her anxiety is accepted.

She doesn't have to conform to the norm.

The teachers are friendly.

"They don't shout"

"They are kind, even when you are not there."

There aren't large classrooms to cope with.

There aren't large echoey halls.

There isn't chaos, crowds, shouting, pushing shoving.

There aren't unrealistic expectations.

There is kindness, understanding acceptance.

There are no judgement, no blame, and no shame.

She can relax.

NOW she can start learning and growing