

Nurses' Nook - Anxiety Tips...

As nurses in the school we often see students with anxiety. This can be a very difficult thing for parents to deal with because we do not want to see our children hurting or in pain. Our instinct is to make things better for them immediately, but sometimes this is not the best thing for them over the long term. Here is a link to some [excellent advice](#) on how to deal with your child's fears and anxiety.

Please do feel free to ask the nurse or counselor in your child's school for advice or information.