

Supporting Pupils with School Anxiety

Some children can become anxious whilst at school. When a child regularly suffers with anxiety, it can affect their concentration in lessons and sometimes even affect their academic progress. Putting the right strategies in place to help them is important and ProxTalker can help with this.

ProxTalker enables the pupil to listen to the comforting sound of their parent's voice within the school environment. This will help to calm the child and ease transitions between home and school. By pre-recording the parent's voice, the familiar and soothing voice of the parent will add to the calming effect on the child.

Why use ProxTalker or ProxPAD?

- Provide link between home and school
- Calming use of home voices at school
- Child can listen to a familiar and soothing voice
- Child can proactively and independently get help / comfort
- Works within existing support systems

How to set up (adult)

Ask the parent to record a series of tags with a variety of messages (using the press and hold), or even a favourite song extract. Choose suitable pictures or symbols for each tag . For example:

“You are doing really well”

“Breathe in.... and out”

“I love you”

“Be brave”



How to use (child)

Position the ProxTalker in a place where the pupil can access it independently and give the pupil their recorded sound tags to use.

Teach the pupil how to use the sound tags and allow them to access when needed. Review messages as required.

- Choose a tag with symbol or family photograph for a message from home
- Press on the button
- Play the message