



# **Helping your Child with Fears and Worries**

## **Parent/Carer Group**



**Dear Parent/Carer,**

**The Emotional Wellbeing Team are offering an online parent group on 'Helping your Child with Fears and Worries'.**

### **Reason for this course**

The aim of the course is to provide parents with strategies and guidance they can use at home to support their child overcome their anxieties. The sessions are also an opportunity to reflect with one another and the facilitators on how best to apply the Cognitive Behavioural Therapies (CBT) principles highlighted in the course to help with your child's anxiety.

This course has similar outcomes to those reported from more intense Cognitive Behavioural approaches and is aimed at children aged 5-12 who's presenting difficulties are around anxiety.

We believe that parents are the experts when it comes to their child. You have a better understanding of how your own child might respond and what will encourage and motivate them to try different things. Parents are in the best position to support their child in between sessions and well beyond the treatment.

**One of the key aims is to improve your confidence in your ability to help your child overcome their anxiety. We highlight positive skills and responses of the parent in order to build your confidence and empower you to support your child.**

**If you are interested in this course, please speak to your Mental Health Lead (Miss Day). Last date for referrals is 08.12.2023**

## Course dates

Session Number	Date	Time	Location	Course Content
1	Thursday 18 <sup>th</sup> January 2024	10am-12pm	Online via TEAMS	Group introductions, Ground rules, Understanding how anxiety develops and is maintained, Setting personalised goals.
2	Thursday 25 <sup>th</sup> January 2024	10am-12pm	Online via TEAMS	What is my child thinking? What does my child need to learn? Promoting independence.
3	Thursday 1 <sup>st</sup> February 2024	10am-12pm	Online via TEAMS	Step-by-step plan to gradually face fears.
4	Thursday 8 <sup>th</sup> February 2024	10am-12pm	Online via TEAMS	Reviewing step by step, monitoring progress towards goals.
<b>WEEK BREAK</b>				
5	Thursday 22 <sup>nd</sup> February 2024	10am-12pm	Online via TEAMS	Problem solving approach. Reviewing progress.
<b>4 WEEK BREAK</b>				
6	Week beginning 18.03.23	TBC 30 minute individual phone call	Telephone call	Individual follow up appointment to discuss progress and next steps.