

# Timid to Tiger Parent/Carer Course



Dear Parent/Carer,

The Emotional Wellbeing Team are offering 'Timid to Tiger', a parent course via Microsoft Teams.

## Introduction

Timid to Tiger is a Cognitive Behavioural Therapy (CBT) informed group for parenting the anxious child. This group will be for parents/carers only whose child is **aged 5-12 years**. The sessions will last for up to 1 hour and 30 minutes and will be run online by video call via **Microsoft Teams**. Each session will focus on a different topic, and we will be encouraging parents/carers to try out new techniques at home each week with their child. The sessions will include opportunities for parents/carers to share and review how they found using these techniques. Resources will be emailed to parents/carers each week relevant to the week's topic.

## Reason for a parent-led group

Research on child anxiety has shown CBT treatment to be just as effective when working with parents as when working with children, with outcomes being seen in fewer sessions. Furthermore, research has suggested that anxious children are more likely to be particularly sensitive to the effects of the parenting that they receive.

We believe that parents/carers are the experts when it comes to their child. Parents/carers have a better understanding of how their own child might respond and what will encourage and motivate them to try different things. Parents/carers are best placed to implement change in between sessions as well as beyond the treatment. Parents/carers can also be more motivated than children to make changes as they are more likely to focus on the long-term gain.

The aim of this group is to provide parents/carers with strategies and guidance they can use at home to support their child overcome their anxieties. The sessions are an opportunity to reflect with other parents/carers and the facilitators how best to apply the principles learned in the group to help with their child's anxiety. We hope that if parents/carers already have any experience of principles taught in the group then they can share these with the group.

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

**Course dates**

Session Number	Date	Time	Location	Course Content
1	Wednesday 27 <sup>th</sup> April 2022	10.30am-12pm	Microsoft Teams	Introduction to the programme and some basic concepts
2	Wednesday 4 <sup>th</sup> May 2022	10.30am-12pm	Microsoft Teams	Securing the parent-child bond through play
3	Wednesday 11 <sup>th</sup> May 2022	10.30am-12pm	Microsoft Teams	Understanding children's anxiety
4	Wednesday 18 <sup>th</sup> May 2022	10.30am-12pm	Microsoft Teams	Using praise to build children's confidence
5	Wednesday 25 <sup>th</sup> May 2022	10.30am-12pm	Microsoft Teams	Using rewards to get children motivated
6	Wednesday 8 <sup>th</sup> June 2022	10.30am-12pm	Microsoft Teams	Setting limits on anxious children's behaviour
7	Wednesday 15 <sup>th</sup> June 2022	10.30am-12pm	Microsoft Teams	Using withdrawal of attention to manage children's behaviour
8	Wednesday 22 <sup>nd</sup> June 2022	10.30am-12pm	Microsoft Teams	Managing children's worry
9	Wednesday 29 <sup>th</sup> June 2022	10.30am-12pm	Microsoft Teams	Managing behaviour: time out and consequences
10	Wednesday 6 <sup>th</sup> July 2022	10.30am-12pm	Microsoft Teams	Wrapping up: review, managing school, celebration

**If you are interested in this course, please complete a request form that is in the office, if you would like further information please speak to Miss Day. Request forms will need to be completed by Friday 18<sup>th</sup> March 2022**