

# Helping Your Child with Fears and Worries.

## Who is this for?

This intervention is Parent Led for parents of children under 12 year's old. It's aimed at children who are feeling anxious, who may experience lots of little worries, may be fearful of a certain situation or of separating from a parent. We use parent led as we know that parents are the expert in their children and by equipping them with tools and skills they can help their child in those situations



## How many sessions?

We ask that parents prioritise this for 8 weeks to complete this intervention and the home tasks we will ask you to do with your child. The intervention consists of:

- Week 1: one hour session
- Week 2: One hour session
- Week 3: One hour session
- Week 4: 20 minute phone call
- Week 5: break to implement strategies
- Week 6: One hour session
- Week 7: One week break
- Week 8: 20 minute phone call and wrap up.

## So how does it work?

We ask you to purchase the book "Helping Your Child with Fears and Worries" by Cathy Creswell and Lucy Willetts. Every week we will ask you to read chapters and we then tailor this in session to your child. We cover:

- Psycho-education
- Asking questions not giving reassurance
- What your child needs to learn
- Promoting independent behaviour
- Step by step plan to overcoming fears
- Unplanned experiments
- Problem solving.



## A little more about the intervention

We know that parenting an anxious child can be difficult, we aim to equip you with skills and strategies to help them be more curious about the world and gain confidence in giving things a go. It's a guided self help based off Cognitive Behavioural Therapy (CBT). We know that when children feel anxious children may start to avoid the things which make us anxious or we start displaying safety behaviours, these cause children to then continue to avoid their fears and worries. This intervention aims to break this down into steps to help them build their confidence at tackling their worries, reducing reassurance and encouraging you child to start thinking about the most realistic outcome of facing their fear or that they can cope with what happens.



# Parent Led Behaviour Difficulties.

## Who is this for?

This intervention is Parent Led aimed at children who may be displaying mild behavioural difficulties, under the age of 9. This is to help manage and prevent the escalation of behavioural problems. We know that parents are the expert in their child and are in the best place to help them and this intervention covers evidence-based strategies. .



## How many sessions?

The intervention runs over the course of 6 weeks, for an hour each week. Between sessions we will be asking you to complete home tasks in order to implement the skills and strategies we will discuss.



## So how does it work?

Over the weeks we will discuss:

- Learning about your child and their behaviour
- Enhancing the relationship and supporting communication
- Building self-esteem and improving behaviour through praise.
- Using routines and boundaries to set limits for your child.
- Reducing problematic behaviour through withdrawing attention
- Supporting emotional regulation through calm time and dealing with non-adherence to command.



## A little more about the intervention

This intervention is best for mild behavioural difficulties, particularly in the home, as we will be setting goals of what you would like to see be different for the family. We will think about what your child may be trying to communicate by displaying this behaviour and how we can change the way we give attention to a more positive approach. It is based off cognitive behaviour therapy (CBT)- what we think impacts the way we feel and behave.

