



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

## **Parent/Carer Course**



**Dear Parent/Carer,**

**The Emotional Wellbeing Team are offering a parent course via Microsoft Teams 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 Therapy (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 with the Senior Mental Health Lead at your school (XXX).**

## Course dates

Session Number	Date	Time	Location	Course Content
1	Tuesday 12 <sup>th</sup> September	10am-12pm	Microsoft Teams	Group introductions, Ground Rules, Philosophy of programme revisited, Psychoeducation, How anxiety develops and is maintained, treatment goals
2	Tuesday 19 <sup>th</sup> September	10am-12pm	Microsoft Teams	What is my child thinking? What does my child need to learn? Promoting independence and having a go
3	Tuesday 26 <sup>th</sup> September	10am-12pm	Microsoft Teams	Step-by-step plan
4	Tuesday 3 <sup>rd</sup> October	10am-12pm	Microsoft Teams	Checking in and reviewing homework, make changes to step-by-step plan as necessary, reviewing ROMS
<b>WEEK BREAK</b>				
5	Tuesday 17 <sup>th</sup> October	10am-12pm	Microsoft Teams	Checking in and reviewing homework, Problem solving approach, what has helped, What still needs work, Review goals
<b>4 WEEK BREAK</b>				
6	w/c 13 <sup>th</sup> November	TBC	Telephone call	Individual follow up appointment – review progress