

# HELPING YOUR CHILD WITH FEARS AND WORRIES

## WHAT IS IT?

The aim of this guided parent-delivered programme is to share cognitive behavioural therapy (CBT) strategies to empower parents to use them with their child, to overcome difficulties with anxiety. It is aimed at parents of children aged 5–12 years whose primary presenting problem is anxiety.

The sessions with a practitioner provide an opportunity to discuss how to apply the CBT principles to the child's needs and their individual circumstances. Time is spent on reflecting on what works best, as well as providing opportunity for practice.

## WHY PARENT LED?

Parents are the experts when it comes to their child and will have a better understanding of how their own child might respond and what will encourage and motivate them to try different things.

Parents are the ones that are present during the struggles and challenges their child is facing and can support their child both in between sessions and well beyond the end of treatment.

## WHAT DOES IT COVER?

We will talk about what anxiety is, how it is maintained, and how it is affecting your child. We will think about what your child needs to learn to overcome their worries, and how we can support them to have a go! We might cover skills like worry time, problem solving, rewards, and promoting independence.

The intervention is based on the accompanying book - *Helping Your Child with Fears and Worries* 2nd Edition. This can be purchased through Amazon, Waterstones or WHSmith. The book goes into more detail than we have time to cover, and is handy to refer back to after our sessions have ended.

