

Supporting an Anxious Child

[EN-GB, EN-US]

This programme has been designed for caregivers of children, ages 5 -11, who are looking to support their child in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

This programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling the child to identify their anxiety, and to apply their skills in anxiety-provoking situations.



Skills & Strategies

Caregivers will gain an understanding of how anxiety affects their children, the anxiety cycle, and strategies to help their child manage and alleviate these feelings and behaviours.



Positive Communication

Through positive communication techniques, caregivers will learn proactive problem-solving strategies, and better ways to communicate with their children. They will be able to use these skills to help their children develop a more balanced and positive way of thinking, while also teaching them to use graded exposure to face their fears.



Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem. Children will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercises.



Modules

Parenting an Anxious Child ● Parenting Positively ● Changing Anxiety ● Problem Solving ● Changing Thoughts ● Facing Fears ● Creating a Plan ● Going Forward



Proven Tools

Relaxation Activities ● Quizzes ● My Response Plan ● Body Map Exercise Breathing Exercises ● Relaxation Activities ● Changing Your Thinking Tools ● Facing Fears Ladder ● Rewards & Consequences Exercises ● Muscle Relaxation



Talk to us today

