

Supporting an Anxious Child

It's common for children to feel anxious or worried sometimes. But if anxiety starts getting in the way of their day-to-day life, for example if they are anxious about sleeping alone or are worrying all the time, they may need help to manage how they're feeling.

SilverCloud® by Amwell® is a clinically proven digital mental health platform backed by 20 years of research. Our programmes are based on Cognitive Behavioural Therapy, or CBT for short.

By using the *Supporting an Anxious Child* programme from SilverCloud® by Amwell® you'll learn to teach your child how to gain control of their worry and anxiety. You'll also learn helpful techniques to manage any anxieties of your own.



Skills and Strategies

You'll find out how anxiety affects children and learn strategies to help your child manage and alleviate these feelings and behaviours.



Positive Communication

Your response may be having an impact on your child's anxiety, so you'll be helped to focus on the positive aspects of anxiety, and to normalise how you talk about anxiety with children.



Moving Ahead

At the end of the programme you can help your child to build self-esteem and resilience to protect them from anxiety in the future.

Is this programme right for me?

This programme is designed to support you in helping your child to cope with their anxiety. It can be used by anyone who is supporting a child (aged 5 to 11) in some capacity, whether as a parent, a teacher or some other form of carer.

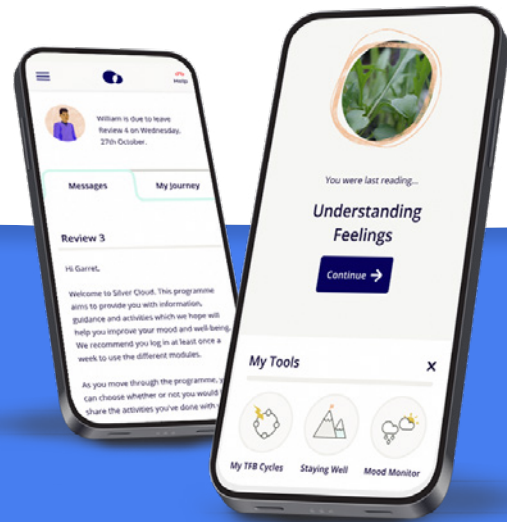
You can access the *Supporting an Anxious Child* programme on your phone, computer or tablet – wherever and whenever you need it.

“ I have seen a huge change in my daughter. She approaches things now with more openness, not automatically thinking of the worst-case scenario. ”

Serena, SilverCloud® programme user

Cognitive Behavioural Therapy (CBT)

CBT is widely used as a proven and effective treatment for anxiety. It can help you and your child to understand what's going on and make changes to feel better.



Modules in the *Supporting an Anxious Child* programme:

- **Parenting an Anxious Child** – Understand anxiety and learn how it can be a strength as well as a problem.
- **Parenting Positively** – Learn how to respond effectively.
- **Changing Anxiety** – Help your child to break out of the cycle of anxiety.
- **Problem Solving** – Take action to address the problems that cause anxiety.
- **Changing Thoughts** – Learn to think about worry and anxiety in a more helpful way.
- **Facing Fears** – A step-by-step approach to helping your child overcome their fears.
- **Creating a Plan** – Create a plan to manage your child's anxiety in the future.
- **Going Forward** – Build self-esteem and stay on track.

Tools and Activities

The *Supporting an Anxious Child* programme includes many helpful tools and activities including:

- **Personal stories** – Find out how others are dealing with their child's anxiety.
- **Quizzes** – Test your knowledge of anxiety and sort the myths from the facts.
- **Relaxation Techniques** – Try them yourself, then learn how to teach them to your child.
- **Body Map Exercise** – Help your child notice and change how their anxiety is affecting them physically.
- **My Response Plan** – Think about the best way to respond to your child's anxiety and put it into practice.
- **Facing Fears Ladder** – Help your child to overcome their fears in small manageable steps.
- **Changing My Thinking** – Examine, then change, some of the negative thoughts your child may have about themselves.

Find out more



amwell 