

# Supporting an Anxious Child

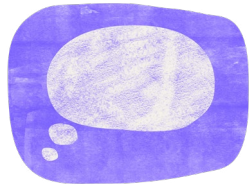
[EN-GB, EN-US]

This programme has been designed for you to support your child, ages 5 -11, in dealing with worry and anxiety, while learning helpful strategies to tackle your own anxiety. The programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling your child to identify their anxiety, and to apply their skills in anxiety-provoking situations.



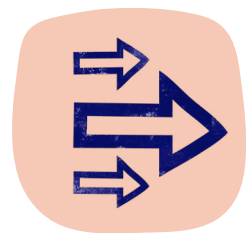
## Skills & Strategies

You will gain an understanding of how anxiety affects your child, the anxiety cycle, and strategies to help them manage and alleviate these feelings and behaviours.



## Positive Communication

Through positive communication techniques, you will learn proactive problem-solving strategies, and better ways to communicate with your child. You will be able to use these skills to help your child 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. Your child will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercises.



## 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

## Modules

Parenting an Anxious Child

Parenting Positively

Changing Anxiety

Problem Solving

Changing Thoughts

Facing Fears

Creating a Plan

Going Forward

Talk to us today

**Contact Us**



For more info visit: