



Helping your child overcome their fears and worries

A group for parents

Anxiety, fears and worries are normal experiences that we all have from time to time but in some cases they persist and start to interfere in our lives- for children this may bring problems at home, at school or/and with friends.

Over **six sessions** delivered through video link we will share a **range of strategies** that will help you manage your child's anxiety. There will also be **extra personalised check-ins** to help make the strategies work for you.

Who are we?

We are the Hounslow Mental Health Support Team and we support the wellbeing of children and young people in education settings.

Who is the group for?

This is an early intervention group for parents of anxious children aged 5-12 years in primary schools across Hounslow.

Please be aware that spaces will be allocated on a first come first serve basis.

Interested?

Please email Maria Karagianni at Maria.Karagianni@westlondon.nhs.uk with your **child's name and school, your contact details and preferred group timing**.

If there are spaces available, you will then be invited to a telephone consultation to determine whether this group is the best way to support

When is the group?

Two groups will run, one on a **Tuesday between 11.00 am – 13.00 pm** and the other one on a **Wednesday between 11.00 am – 13.00 pm**. Parents will be allocated to either group based on preference and capacity. The groups will start the week beginning on the 7th of June

Course content

Session 1: Course Introduction: overview of the programme, group guidelines, setting goals

Session 2: Understanding anxiety, causes, maintenance behaviours

Session 3: Exploring anxious thoughts with your child, the trouble with reassurance

Session 4: Promoting confidence and independence, rewarding your child, making a step plan

Session 5: Putting a step plan into practice, problem solving and worry management

Session 6: a review of progress, new steps on the step plan, keeping up momentum