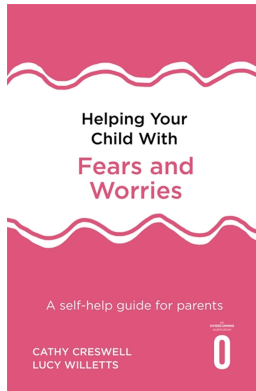


# HELPING YOUR CHILD WITH FEARS AND WORRIES - A PARENT PROGRAMME



The programme is based on the book 'Helping Your Child with Fears and Worries' by Cathy Creswell and Lucy Willetts. There will be set reading from the book each week and the sessions will put the theory into practice and make it relevant to your child.

SESSION NUMBER	WHAT WE WILL LEARN
1	This is an introductory session where we will learn what anxiety is and how it impacts your child. We will explore your responses to their anxiety and how it may be maintaining their worries.
2	We will learn about simple strategies you can put in place at home to support your child with their worries.
3	We will create a step-by-step plan to help your child overcome their fears and worries. We will discuss safety behaviours and how to stop them.
4	This is a shorter session, which can be done over the phone. It is your chance to troubleshoot any difficulties you have in implementing the plan.
5	We will review you and your child's progress and introduce ways to encourage your child to problem-solve their worries.
6	Time to say goodbye. We will review you and your child's progress and plan some long-term goals.

# ABOUT THE MENTAL HEALTH SUPPORT TEAM

We are a team of mental health workers who help children manage difficult feelings, like anxiety, worry or low mood. We are an **early intervention** and **prevention** service, meaning our aim is to help children showing signs of low-level mental health difficulties, like worry, anxiety or low mood, to prevent it from escalating into a mental health problem. Our team comes under CAMHS, but we are based in schools and help empower children and their families to cope with difficult emotions.

## WHAT DO WE DO?

- We support children who might be feeling anxious, sad or worried.
- We teach young people skills to help them manage difficult feelings. This often involves meeting once a week for 6-8 weeks, or it might involve working in a group.
- Whilst we work with children in schools, sometimes we might only work with parents depending on what we think will work best. If your child is younger than Year 5, we normally work only with parents as we find this is the most effective and quickest way to make changes.
- Normally, we meet in school, but sometimes we might meet outside of school or online.
- Before we start any work, we need to complete an 'assessment' with both you and your child. This is just a chat so we can better understand your child's difficulties and their lives at home and in school. Parent assessments can be done over the phone if needed, but child assessments always take place in school.
- Sometimes our help might be putting you in touch with other professionals who can help your child better than we can.



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ON MENTAL WELLBEING



@CamhsSefton

WE ARE BASED AT:  
THORNTON FAMILY WELLBEING CENTRE  
STANNYFIELD DRIVE, L23 1TY  
0151 934 4991